

Connecticut Guardian

VOL. 6 NO. 4

HARTFORD, CT

APRIL 2005

They're Home!

Charlie Company 102nd Infantry returns to Connecticut



As if it is too good to be true Sgt. James Dempsey's mother touches her son's face for the first time in 18 months. (Photo by Spc. Jesse J. Stanley, 65th PCH)

See **HEMOCOMING** Page 14-15

DoD announces new health care benefit for Guard, Reserve

TERRI LUKACH
AMERICAN FORCES PRESS SERVICE

WASHINGTON, March 24, 2005 - A new health care plan, with coverage comparable to that enjoyed by federal employees under the Blue Cross and Blue Shield health insurance plan, will be available to eligible members of the National Guard and Reserve and their families April 25, Defense Department officials announced today at the Pentagon.

The new plan, called Tricare Reserve Select, will serve as a bridge for reserve component members entering or leaving active duty that are not covered by civilian employer or other health insurance plans. It applies to all reserve component personnel who have been activated since Sept. 11, 2001, and who agree to continued service in the Selected Reserve. The coverage will be applied retroactively, officials said.

Principal Deputy Undersecretary of Defense for Personnel and Readiness Charles Abell, Assistant Secretary of Defense for Reserve Affairs Thomas Hall, and Assistant Secretary of Defense for Health Affairs Dr. William Winkenwerder announced the plan at a Pentagon news conference.

"We are committed to providing the proper combination of compensation and benefits that will allow us to attract and retain the world's best fighting force," Abell said.

He said that while large numbers of National Guard and Reserve members have health insurance through their employers, the department "recognizes the importance of maintaining a continuity of care as they transition from their employers to serve with us and then back, as well as the need for some of them who may be self-employed or who work for small businesses to have health coverage."

TRS is a nationwide, premium-based plan that closely resembles the Tricare Standard coverage of the active duty force. Its rates are based on the premiums for the Blue Cross and Blue Shield Standard Service

See **HEALTH CARE** Page 18

First OIF Medal of Honor to be awarded

WASHINGTON (Army News Service, March 30, 2005) — The White House announced March 29 that President George W. Bush will honor Sgt. 1st Class Paul R. Smith by presenting his family the Medal of Honor on April 4, the second anniversary of his courageous actions during the Battle of Baghdad Airport.

Smith is the first to receive the military's highest award for actions in support of Operation Iraqi Freedom.

In action near the Baghdad Airport on April 4, 2003, Smith, a Soldier in Company B, 11th Engineer Battalion, working with units of the 3rd Infantry Division, was tasked to build a compound to hold enemy prisoners, when his small force came under attack by more than 100 enemies.

Smith threw two grenades and fired rocket launchers at the enemy before manning a .50-caliber machine gun on an M-113 Armored Personnel Carrier to protect his troops. While engaging an enemy attacking from three sides, Smith fired more than 300 rounds from the machinegun before being killed.

He prevented the enemy from overtaking his unit's position, protected his Task Force's flank, and defended the lives of more than 100 Soldiers, according to his award citation. Smith was serving as a platoon sergeant in Bravo Company, 11th Engineer Battalion, Task Force 2-7, 3rd Infantry Division. He had been serving in the Army since October 1989.

(Editor's Note: For more on Sgt. 1st Class Smith and the Medal of Honor, see pages 4 - 5)



Up Front with the Adjutant General

Welcome Home. Job well done...

It's been with great honor and a sense of relief to welcome back units after their year long "boots on the ground" deployment. A year in a combat zone is no walk in the park. Members of the 102nd Infantry Platoon know that, all too well. On March 20, members of the 102nd Infantry left the desert behind and stepped onto American soil for the first time in more than a year. The unit returned to Fort Sill after a 12-month deployment in Iraq. I was honored to greet them as they got off the plane and returned to the United States proudly wearing the Combat Infantryman's Badge.

Their service came at a price, the unit suffered two casualties, the loss of two outstanding soldiers: Sgt. Felix Del Greco and Spc. Robert Hoyt. Both are heroes from "today's greatest generation" and both will not be forgotten.

I was especially proud when the Echo Troop Company Commander, the unit Charlie was assigned to, found me after the Fort Sill welcome home ceremony and pointed out that they were "the best of the best" and thanked me for their contributions. The unit was recognized by the 39th BCT from Arkansas for their many outstanding accomplishments.

The unit deployed in support of Operation Iraqi Freedom. It mobilized in January 2004, and departed for Ft. Hood, Texas on Jan. 8, 2004 and linked up with and became part of the 39th Brigade from Arkansas. In March

2004 the unit arrived in Kuwait, processed through and went forward into Iraq.

The unit earned the coveted Combat Infantryman Badge that was established by the War Department on 27 October 1943. It is awarded to personnel in the grade of colonel or below with an infantry or special forces military occupational specialty who have satisfactorily performed duty while assigned as a member of an infantry/special forces unit, brigade or smaller size, during any period subsequent to Dec. 6, 1941 when the unit was engaged in active ground combat. Members of the 102nd were personally present and under hostile fire while assigned in theater and actively engaged in ground combat with the enemy. With gratitude I commend your service. Wear it proudly! Welcome Home!

Maintaining the strength of the Connecticut National Guard has become a top priority. We are focusing on how to use our force more effectively. This means we need to manage our force to permit for 25 percent of the guard to be deployed; with up to another 25 percent training to replace those already deployed; and ensuring that a minimum of 50 percent remains available to the governor for state missions, Homeland Defense, and support for Homeland Security operations. We will balance our force to react and meet the threats of today and tomorrow.

To do this we need to keep up with recruiting and retention. WE ARE ALL

RECRUITERS. Every single Soldier and Airman in the Connecticut Guard is a recruiter. You represent the Guard every time you wear the uniform, people see you in it, and they appreciate your commitment and loyalty to the service.

Don't be afraid to talk about the guard and the benefits we offer people who join our ranks. Speak to them about Patriotism, Duty, Honor, and Country. Explain to them the benefits they can receive. Tell them of the tuition benefits they can receive once they put on the uniform.

But also be upfront, we live in a different world, the National Guard is now an important asset in the Global War on Terrorism. About 80 percent of Soldiers, Airmen, Sailors and Marines in the Guard and Reserve can expect to deploy at some point in their part-time careers.

We have a number of vacancies open in the Army and Air side of the house. Use your experience to recruit the future of the Connecticut National Guard. Or refer possible candidates to your nearest recruiting office.

Keep your head in the game!



Maj. Gen.
William A. Cugno
Adjutant General

Connecticut Guardian

360 Broad Street
Hartford, CT 06105-3795
Phone: (860) 548-3251
DSN: 636-7857
FAX: (860) 524-4902

E-Mail:
CTGUARDIAN@ct.ngb.army.mil

Captain-General
Gov. M. Jodi Rell

The Adjutant General
Commanding General, CTNG
Maj. Gen. William A. Cugno

Assistant Adjutant General, CTARNG
Brig. Gen. I. J. Zembrzusi

Assistant Adjutant General, CTANG
Brig. Gen. Thaddeus J. Martin

State Command Sergeant Major
Command Sgt. Maj. Raymond P. Zastaury

State Command Chief Master Sergeant
Chief Master Sgt. Wanda Wawruck

State Public Affairs Officer
Connecticut Guardian Managing Editor
Lt. Col. John Whitford

State Public Affairs NCO
Connecticut Guardian Editor
Layout and Design
Sgt. 1st Class Debbi Newton

Assistant Layout and Design Editor
Spec. Jesse. J. Stanley

Contributors

Det. 1, 65th Press Camp HQ, CTARNG

Maj. George Worrall, III
103rd FW PAO, CTANG

103rd Air Control Squadron

103rd Communications Flight, CTANG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

The Connecticut Guardian is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. The Connecticut Guardian is published in accordance with AR 360-1 on the first Friday of every month and is printed by The Day Printing Co., New London, Connecticut, a private firm in no way connected with the Department of the Army.

Deadline for submissions is the 15th of the month preceding the month of publication.

Circulation: 9,000

Perspectives

Co. C, 102nd Infantry returned home from Iraq the day before Easter. As they awaited their Soldiers' return, families were asked how they planned to spend their first holiday in more than a year with their loved one.



JOHN AND DARYLANNE BALLANTYNE:
PARENTS OF SPC. MARK BALLANTYNE

"We are going to church tomorrow. They have been very supportive of us and Mark. He has a big support group out there. The church was a central part of that, a real spiritual aspect that helped him a lot."



ALICIA LEBEAU WIFE OF
SGT. 1ST CLASS GREG LEBEAU

"We are staying home for the holiday tomorrow. These guys are all tired, they've been away a long time and have been traveling a lot the last few days."



CHRISTINE LUC AND FAMILY
MOTHER AND FAMILY OF SGT. BRIAN
BARKMAN JR.

"The whole family is coming over to be with us and have Easter at the house."

Fire-suppressant foam fills hangar

Firefighters called to scene: No injuries reported

2ND LT. JEFFERSON S. HEILAND
DEPUTY PAO, 103RD FIGHTER WING

BRADLEY AIR NATIONAL GUARD BASE, East Granby – Six firefighters responded when a newly-installed fire-suppressant system released foam in the main aircraft maintenance hangar here on March 4.

The system filled the hangar with nearly seven feet of white, soapy foam. All personnel evacuated safely and there were no injuries reported.

Senior Master Sgt. John J. Dinda, base fire chief, 103rd Civil Engineering Squadron, cited a malfunction in the pull station wiring as the suspected cause of the false alarm.

“No foul play is suspected because all pull stations were intact and cannot be reset without a key and a new glass rod,” Dinda said. “The contractors (who installed the system) will be performing continuity checks throughout the wiring to isolate the fault.”

An initial fire department

investigation has determined the event to be unintentional.

Several technicians were performing aircraft maintenance in the hangar at the time of the alarm.

Airman 1st Class David Greeley, repair and reclamation technician, 103rd Maintenance Squadron, heard the alarm sound, then “somebody yelled, ‘FOAM!’ My initial

reaction was that there must be a fire, so we got out of there,” Greeley said. “We all met outside for roll call...then they told us to go to the corrosion barn to keep warm,” he said.

Greeley described how the foam oozed from the generators and began to slowly expand. “It was like watching the water rise inside a sinking ship,” he said.

Also working in the hangar was Master Sgt. Jim Ranney, repair and reclamation NCOIC, 103rd Maintenance Squadron, who said that the contractors had been working on the system that morning and the day prior, integrating the audible alarm and visual warnings. When the alarm sounded, he turned to his co-worker and said, “They must be testing the audible or, if not, we got about

five seconds to get out before we get foamed.”

While evacuating, Ranney had the presence of mind to kill the generator and the hydraulic mule which were hooked to the plane. He confirmed with other technicians that the same had been done with the other

aircraft, to avoid possibly energizing the foam. He also dragged his toolbox from the area, fearing that it would be a hazard during the evacuation.

“Everybody was like, ‘this can’t be happening’,” as the foam dribbled from the generators at both sides of the hangar, met in the middle, and began to rise, Ranney said. “But everyone just reacted and did exactly

“...everyone just reacted and did exactly what they were supposed to.”

Master Sgt. Jim Ranney



Fire suppressant foam envelops an A-10 in the main hangar here March 4. Maintenance personnel reacted urgently and evacuated safely, however, the incident grounded five aircraft pending inspection. (Photo by Master Sgt. Jeanne Daigneau)

what they were supposed to.”

Ranney said it was a good learning experience for everyone, adding “We also learned a few things where we can make some changes...” in dealing with a fire emergency.

The high-expansion foam fire-suppressant system took approximately 18 months to install and was fully tested in December 2004. The system uses ten large, elevated fans, coupled with foam generators that can (and did) fill the hangar in just three to four minutes. While the system manufacturer claims it to be non-corrosive, extensive cleanup and inspection is necessary for all

equipment that was exposed to the foam thus minimizing corrosion and rust formation.

Five A-10 aircraft were in the hangar at the time of the alarm. “The jets have been grounded and will remain so until all the electronics and avionic systems have been checked out,” Dinda said.

Editor’s note: All Aircraft were inspected and returned to flight status.



Fire department along with other base personnel can only watch and wait as fire-suppressant foam dissipates from the hangar on base March 4. (Photo by Master Sgt. Jeanne Daigneau)

Soldiers relate Smith's courage under fire, care in garrison

WASHINGTON (Army News Service, March 29, 2005) — Like any account of combat, reports of the day Sgt. 1st Class Paul Smith died are different depending on the perspective of the witnesses — what is clear is that he died performing a Soldier's duty and protecting his troops in the strong tradition of U.S. Army noncommissioned officers.

A day of battle

It was a busy day for U.S. troops throughout Iraq. Smith's engineer unit was supporting Company A, 2nd Battalion, 7th Infantry as part of the 3rd Infantry Division's movement on Baghdad.

"The thing I remember most was the speed and continuity of movement," said Lt. Col. Thomas Smith, 11th Engineer Battalion commander. "We had two primary missions on the march to Baghdad, to secure a crossing on the Euphrates River and to take and hold the Baghdad airport."

The battalion commander said it was "professionally exhilarating" to find his unit on its objective, on April 4, 2003.

Late the preceding night, or early that morning, his battalion had helped units from the 3rd Infantry Division take Saddam Hussein International Airport, and as the sun rose, its Soldiers were moving to secure that airport and continue with the assault on Baghdad.

Capt. Brian Borkowski, then a lieutenant in the 11th Engineers, was Smith's platoon leader.

"Initially, we had no mission that morning, other than defense of what became called the 'four corners' intersection outside the airport," Borkowski said. "The infantry wanted to do a little recon (a) south of that position and called for engineer support. I talked about it with Sergeant Smith, and left the platoon with him while I went off with an Armored Combat Earthmover to support that mission."

Borkowski said he and Smith had a conversation on the median of the highway before they parted. "We did what we call a 'gotwa', just to determine who was going where," Borkowski said. "Then I left to help with the recon."

An Engineer mission

While Borkowski worked with the infantry, his platoon received orders to create a compound to hold enemy prisoners. Battalion commander Smith called this "a boilerplate engineer mission."

Borkowski said Smith identified the spot to create this compound based on an earlier conversation they had.

Borkowski said the area of highway near the airport included compounds belonging to Saddam Hussein's Republican Guards. These walled compounds featured observation towers; from the area of these towers the unit was taking sporadic fire from small arms and rocket-propelled grenades.

"We talked about the fact that we couldn't see where the fire was coming from, because we were only 100 feet or so from this wall," Borkowski said. "So sergeant Smith told me he was going to knock a hole in that wall, so we could put some eyes on the other side of it. When the order came down to build that compound, he apparently decided to use the same place where he'd knocked the hole in the wall."

Sgt. Matthew Keller was in the compound when Smith began to build the holding pen.

"When we first got out there, we were taking a lot of indirect fire, RPGs blowing up in the tops of trees and stuff. We were also getting some sniper fire and I actually saw the sniper and knocked him down," Keller said.

"Once the hole was knocked in the wall,

fighting positions about 175 meters out," Keller said. "Sergeant Smith had a scope so he could see them better than me and he started to fire."

Keller said Smith sent him for an AT-4 rocket launcher, which he prepped and Smith fired at the enemy.

"Then I got another one and he went around in front of the wall to get some other Soldiers with heavier guns. I got three, one with the Squad Automatic Weapon and the other with the 240B, and me and Sergeant Smith had a plan to assault across the field," Keller said. "He sent me to get a jacket with the M-203 (40mm-grenade launcher) ammo. Sgt. (Louis) Berwald tossed the jacket to me, and I ran around the wall — that's when an RPG hit the Bradley and a mortar round hit the M-113 at about the same time."



Sgt. 1st Class Paul R. Smith (right) shows off some of the weapons he and his teammates confiscated in Iraq. Smith's wife will accept the Medal of Honor on his behalf on April 4. Smith was killed during the Battle of Baghdad Airport on April 4, 2003 and is being awarded the Medal of Honor for his courageous deeds that day.

they went in and started working on the area. I was still outside, but they apparently sent a couple of Soldiers forward to look out the gate at the compound, and that's when the enemy was spotted," Keller said. "I remember when they saw the enemy, Sergeant Smith got two grenades and threw them."

Reports from other Soldiers indicate an M-113 armored personnel carrier, towing a trailer, entered the compound while Keller was still outside. A short time later, Smith radioed for a Bradley Fighting Vehicle to aid in holding the position.

Keller said he entered the compound at about the same time that the Bradley came in to support Smith's efforts.

Enemy in sight

"Sergeant Smith and I went out the front of the gate along with the Bradley and that's when I saw the enemy. There were 15 or 20 of them and they appeared to have some

Three Soldiers were injured by the mortar impact, including Berwald, and others began to evacuate them from the site.

"That was when Sergeant Smith made a decision with the gallantry worthy of the Medal of Honor," Lt. Col. Smith said. "He got in the M-113 with Spc. Michael Seaman, but he didn't tell Seaman, (an APC driver) to get them out of there, he had him back up to just the point where he could cover all three of the Republican Guard targets, the tower, the wall, and the gate. We know he went through three boxes of ammunition."

Keller, fighting his own fight, saw Smith in action.

"I was standing shooting the 203 while he (Sgt. 1st Class Smith) was getting the casualties evacuated. When the Bradley started backing up, I went back into the compound and that's when I saw Sergeant Smith on the .50-cal on the 113. I hollered at him to come out of there, and he did a 'cut' motion across his throat with his hand

saying he wasn't leaving," Keller said.

After seeing to some of the other Soldiers, Keller returned to help a group of Soldiers attempt to remove the trailer from the M-113. "I asked where Sergeant Smith was, and one of the other troops said he was gone," Keller said.

Smith had been struck in the head while manning a .50-caliber Browning machinegun to cover the movement of other Soldiers out of the compound. Although Soldiers at the scene attempted resuscitation, it was unsuccessful.

Speaking of the fallen

Keller and Smith were both combat veterans. Smith's experience came from the 1991 Persian Gulf War; Keller said he fought in Somalia in the 1990s. Keller said the two worked well together.

"I didn't know him until we got to the desert. He was a pretty strict NCO, all about training and discipline, but I felt comfortable with him out on that wall," he said.

Borkowski said Smith was the complete professional.

"He was an exceptional Soldier, and I don't say that lightly," Borkowski said. "When you get attached to the infantry, they're usually a little wary. They took to Sergeant Smith right way. The infantry CO I was working with said, 'hey, you've got a great platoon sergeant there,' Borkowski said.

He said one incident exemplified Smith's service.

"Just south of the Karbala Gap, some of our vehicles went three rows deep into a minefield. He personally got down on his hands and knees and extracted mines to make a path out," Borkowski said. "He didn't tell them how to get out, he went and helped them get out."

Borkowski said Smith wasn't always popular with his troops because he could be as tough on them as any good sergeant.

"Right after the fight was over, they all changed," Borkowski said of the men in his platoon. "There was a lot of realization of how prepared and professional sergeant Smith was."

Spc. Michael Seaman provided Smith with ammo to keep the .50-caliber machinegun in action until Smith was killed. Having served with Smith for five months, he expressed his admiration.

"In my opinion, he was the type of leader that every new soldier should try to become. He was fair yet tough, if you didn't know something he would help you find the answer. He always knew what he was talking about. He was hard in training so we would be hard in battle," Seaman said.

Berwald, wounded in the same action in which Smith died, said Smith was a "by-the-book" sergeant.

"Everyone knew Sergeant 1st Class Smith. He was famous for his attention to standards.

A Soldier's wife remembers a great father, devoted husband

ERIC CRAMER
ARMY NEWS SERVICE

WASHINGTON (Army News Service, March 29, 2005)—Birgit Smith's husband died defending his troops in a battle outside the airport then known as Saddam Hussein International.

Two years later, she does not remember the harsh taskmaster or the tough Soldier her husband's troops knew.

"Paul was a very funny person," she said. "You could do almost anything with him and have a good time."

Born in Germany, Birgit Smith said Sgt.

1st Class Paul Smith is still her husband.

"We were married for 11 years until his death, but now it is 13. He was a great father and a devoted husband," she said.

Before he left on what became his final deployment with the 11th Engineer Battalion, Birgit said Smith was "ready."

"Before he even knew his unit was going to go, he told me that if there's any way I can get 'my boys' over there, I'm going," Birgit said. "He was ready to go and excited to go."

In the days leading up to his departure, he did not see a lot of his wife, or the two children, Jessica, 18 and David, 11.

"He was gone a lot – before they go off on his deployment they're always gone. He worked long hours making sure everything was good-to-go," Birgit said. "He always wanted to be certain everything worked to keep his boys safe."

This was not her husband's first combat experience. He fought in the Gulf War in 1991. Birgit said that experience was one reason he wanted to return.

"When he came back from the Gulf War, he felt like he didn't finish the job. I think Paul was always ready – he wanted to make the change over there. He wanted to finish the job," Birgit said.

She said the action in which he was killed,

and his performance in it, was natural for him. She said he probably would not have seen it as an attempt to do something heroic, but just as part of his job he needed to do well.

"What he did that day doesn't surprise me," she said. "Paul was married to the military before he was married to me, in a way, so I'm not surprised he would give himself up so his boys would come home."

Birgit said she did not recognize the magnitude of the Medal of Honor when she first found Smith had been nominated for the award.

"At the beginning, I didn't know the significance of the Medal of Honor. What he did, he would have done at any time," she said. "But now I know Paul receiving the Medal of Honor is a huge thing, a thing that makes us proud. To know that his name never dies out makes me feel very good."

She said it is her hope the country can take heart from her husband's example.

"Speaking as a military spouse, I want that America doesn't give up hope. In the media, we get to hear about the Soldiers' deaths, but we don't get to see the good things they're doing. The media doesn't always tell what Soldiers are achieving over there," Birgit said.



Birgit Smith looks at a picture of her husband, Sgt. 1st Class Paul R. Smith, during building dedication ceremonies.

Medal symbol of valor thru history

ERIC CRAMER
ARMY NEWS SERVICE

WASHINGTON (Army News Service, March 29, 2005) — Although it has always been awarded for action above and beyond the call of duty, the Medal of Honor has undergone changes in both appearance and function since its creation during the Civil War.

When Abraham Lincoln signed the law authorizing the first medals, in 1862, the award excluded officers and was for enlisted men only, said Carol Cepregi of the Congressional Medal of Honor Society in Mount Pleasant, S.C.

"In 1863 they passed a new law extending the medal to officers. That was passed before any of the medals were actually awarded," Cepregi said.

Information from the society's Web site discuss points out the medal's appearance has changed over the years.

The Navy's version of the medal was the first to be struck. It is in the shape of a simple star, and that shape is retained in the medal awarded by the Navy, Marine Corps and U.S. Coast Guard. Its center contains an illustration of the Greek goddess of war, Minerva, repelling a figure known as "discord." The Navy's medal remains essentially unchanged since the Civil War. The Navy changed the way the medal is worn, from pinned to the uniform to draped around the neck, in the early 20th century.

The Army's medal is a star surrounded by a wreath. It was developed in 1904. The Air Force version of the Medal of Honor also has a wreath, but instead of the head of Minerva, it bears the head of the statue of liberty in its center. It was adopted in 1965. Lady liberty has a pointed crown instead of a helmet. And she does stand for liberty although she is derived from the imagery of Semiramis, wife of Nimrod, and Queen of Babylon. Semiramis was famed for her beauty, strength, and wisdom and was said to have built the famous Hanging Gardens of Babylon. She purportedly reigned for 42 years after taking control from Nimrod. She is a mythical figure who might be somewhat based upon a historical figure.

Cepregi said there have been other versions of the medal from 1919 to 1942, the Army used a Maltese cross version of the medal, in which the eight points on the cross stand for the eight knightly virtues, and the cross represents the four cardinal directions. This version of the medal was dropped in 1942 because of its unpopularity.

Whatever the service or version, the criteria for receiving the medal have always involved service beyond the call of duty. Until 1940, Cepregi said, that service did not have to include combat.

"The medal was awarded to sailors who jumped overboard to save other sailors. Admiral Richard Byrd received the medal for this polar explorations, and Charles Lindberg received it, too," she said.

She said in early days the Medal of Honor was sometimes awarded to civilians, including famous showman "Buffalo Bill" Cody.

The detailed history of the Medal of Honor included on the society's Web site includes frequent mentions of the 1917 "purge." Many medals were reviewed and rescinded in 1917.

"After the Civil War, a lot of people submitted themselves for the award – they'd write in saying they were entitled to the medal," Cepregi said.

The Army established a board in 1916, under the leadership of Lt. Gen. Nelson Miles, who earned the medal in the Civil War, which reviewed the medals already received and purged those that it felt weren't warranted. The commission eliminated 911 names, included 800-plus medals awarded to the every member 27th Maine Infantry Battalion when it agreed to stay past the end of its enlistment to protect Washington D.C. during the Civil War.

The commission also rescinded the medal awarded to Dr. Mary Walker, who had received it for her efforts during the Battle of Bull Run in 1861. The commission denied her the medal not because of her gender, but because she served as a civilian. Her medal was restored in 1977.

The board also rescinded six medals to civilians, including Cody, because of their civilian status.

Today there are 125 surviving recipients of the Medal of Honor, 46 from World War II, and the remainder split between actions in Korea and Vietnam.

The two most recent recipients of the medal, awarded posthumously, are Master Sgt. Gary Gordon and Sgt. 1st Class Randall Shugart. The two men were Special Operations snipers who volunteered to protect four wounded helicopter crewmembers during operations in Mogadishu, Somalia, in 1993. Although both men were killed, they were able to save the helicopter pilot.



The Connecticut Army National Guard's own Medal of Honor Recipients

Col. Robert B. Nett
Co. C, 1st Bn. 102nd Inf
World War II

1st Lt. Lee Hartell
15th Field Artillery Bn., 2nd
ID
Korea

Life in Iraq: Settling in at FOB Speicher

Sgt. Gerard EJ Bessenaire Jr.
OIF 3 FOB Speicher
141ST MEDCO

Greetings from 141ST MEDCO, OIF 3, Multinational Force Iraq!

It is a great time in history. The Iraqi people have voted to govern themselves, even with threats to themselves and family from those who fear the power of freedom. They took the risk to vote. A right that too many citizens in America take for granted. The people of Iraq will now move closer to a new democratic government and we are helping to make that happen.

Life here at FOB Speicher (Forward Operating Base) LSA (Logistical Service Area) is finally settling down to daily operations. As one of the Medics, I rotate between service duties of CSH/ER (Combat Support Hospital Emergency Room), WSI/ Fire Station, and FOB Tax Duties.

The CSH/ER is like any Emergency Room at a hospital. It has its share of "walk in" injuries from sports and medical events, as well as receiving the Air Evac Helo/Dustoff patients that arrive from the resulting activities/operations in this theater. This duty rotation can be challenging as the trauma cases can be extensive from operations outside the "wire." I've had the opportunity to assist in surgery as well as advanced lifesaving measures from GSW's (Gunshot Wounds) from infantry strike operations to IED's (Improvised Explosive Devices) from convoys. This rotation has helped my Paramedic skills stay sharp as any of the cities I've worked in to include Hartford. This duty is an everyday 12 hour rotation of days as well as a night shift crew.

The FOB Firehouse is a fully equipped fire

station run by the civilian contractors with first responder responsibilities. The ambulance crew responds with the fire crew on 911 calls here on the FOB and the ambulance crew provides transportation to the CSH/ER if further treatment is needed. The Fire crew also provides medical training that's important for CEU's (continuing education credit) required for maintaining our 91W MOS (Military Occupation Specialty "Medic"). This duty is a 24 hours on, 24 hours off rotation.

That leads to the "First Up" team which is an on call ambulance crew duty to back up the fire house ambulance in case the medical need exceeds the ability of that team and their ambulance. This means staying in the LSA and being available to respond, within 15 min., for the same 24 hour rotation.

The FOB Tax Duties are chores that units share, for the good of all, here at the FOB. Mostly it requires Force Protection (guard duty) of some form. For example, as an armed escort team of Iraqi nationals being one of the jobs, as well as a fixed position guard post. This duty varies in complexity and duration length in the specifics, to the particular assignment of that day. There are both day and night assignments.

The LSA is defined by a tall wire caged wall, filled with sand, providing our protection. It looks like a fort arising from the red dirt that is prevalent here in this area of Tikrit, Iraq, birthplace of the deposed ruler Saddam Hussein. We have been fortunate to have moved from large, worn, leaky tents to a trailer/metal box commonly referred as a "Choo."

The National Guard unit from Nebraska we share the LSA with has given this residence

reference due to the box car look of these trailers. I share my "Choo" with Pfc. Hetrick and his vast electronic arcade. We get to share the LSA area with all the sounds of the aircraft that take off and land at all hours of the day/night due to the war's hectic op tempo.

Among my many duties here, I serve as a representative of the LSA site beautification committee. I am presently helping to address issues to improve our living area which still carries visual evidence of the war. The large gravel stones used throughout this LSA are of very beautiful shades of red /white /black and green marble river stone that radiates when wet. Yes it rains here during the wintertime, though the summer of dry and dusty days is fast approaching. Along with the increasingly warm nights, come the sightings of scorpions and camel spiders and snakes. They deserve caution from us and we steer clear of altercations with these natives.

For entertainment there's the "Corncrib" a MWR (Mental Health/Welfare/ Recreation) meeting house built by our predecessors and it has a VCR/DVD/TV area for movie watching along with internet and phone service for those "reach out and touch your family" needs. We use it also for training/meetings/card games. It's a great place to get a snack that so many nice people have sent to our Soldiers through civic care packages that are stored there. These morale boxes are greatly appreciated by the troops and help with the toiletry needs of many here on this deployment.

"The Hut" is a shack style building in



Sgt. Gerard EJ Bessenaire Jr.

the middle of the LSA and it is where Top Stonoha brews a great pot of coffee and we discuss future operations and write letters to loved ones. It has a simple deck and at night the stars gleam brightly. The starlight orientation training is challenging. Incidentally when the sun does go down it gets very dark here. It's another thing we live with as it is detrimental to have bright lights glowing on the horizon for the enemy to fix on.

There are other squads from this company, residing at the other FOB's, helping out with other operations in this country and we will hear from them at a later time. Till that time, I'd like to wish you and yours a safe and healthy life and to my loving family and friends... thank you for your support. We'll keep our heads down.

Finding a second family and answers by leaving home

Spc. Katie Sweeney
143RD AREA SUPPORT GROUP

If you had told me a year ago that I would be in Baghdad, Iraq, I never would have believed you. I always knew that the possibility of my unit being deployed was there, I guess I just didn't think it would happen for real. It did though, and I have been here in Baghdad for a little over four months.

Leaving home, my family and friends, I didn't know what to expect coming here. I prepared for the worst and hoped for the best. Not long after arriving here, I realized that I do have family and friends HERE, that I hadn't lost all that, it had just changed for the time being.

Change is good sometimes because it allows us to grow and learn, individually and as a team. In the four months I have been here I have not only learned about myself and my job in the military, but about life in general.

How to value the small privileges that are

taken for granted everyday in America.

Professionally speaking I have had guidance from higher ranking NCO's such as Staff Sgt. Jennifer Smith who has endless knowledge on taking care of Soldiers. Sgt. Joshua Devine who seems to have or will get an answer to anything you ask him. Sgt. James Faircloth will remind you everyday that it is a great day to be in the Connecticut National Guard on active duty. Sgt. Karen Reilly is always willing to listen when junior enlisted need to talk. First Sgt. Joseph Allsop leads by example and gives the junior enlisted encouragement to do more. These are just a few of the NCO's in the 143rd Area Support Group that are always willing to lend a helping hand when they can.

The 143rd Area Support Group is a unique unit. Being an Area Support Group, we have as many majors as we do specialists. Dealing with high ranking officers on a daily basis was stressful until I learned that officers are people too. Officers only expect your best. If an officer knows that you are trying your

best and being respectful that is all they ask.

Officers such as 1st Lt. Julian Muller, 1st Lt. Brandi Walter and 1st Lt. Zoraida Wheelock encourage myself and other junior enlisted on a daily basis to strive for more. Capt. Charles Jaworski, Capt. William Daugherty and Capt. John Connelly set the example of going above and beyond what is asked of them and still having a good time. Capt. Joseph McGowan, 143rd's Company Commander encourages Soldiers to pursue life in the military, and is always willing to give guidance on investing in our futures.

Maj. Moira Carpenter always asks how the junior enlisted are, and keeps a close eye on Soldiers' morale. Lt. Col. Michael Wiczorek is another officer who always shows concern for his Soldiers and their well being.

The Area Support Group has two colonels, Col. Thomas Stefanko and Col. Eugene Mascolo. Both show concern for

the well being of their troops on a daily basis. It is good to know that there are officers like these in my unit who will give advice or guidance when they can.

With all that I have learned thus far I feel ready for any task or mission that comes my way. I know that if I am unsure about anything the answer is only a question away. It is reassuring to know that there is always somebody there if need be and I hope when I am an NCO or officer I can do the same as the NCOs and officers in the 143rd Area Support Group and encourage my junior enlisted to strive for more.

This is my family for the next eight months. Just like a family at home we may not always agree on everything, but we will always be there for each other. The memories made here good or bad may fade over time but the friendships made will last a lifetime. Knowing that makes this whole experience a bit easier, and while I cannot wait to return to my family at home, this is good for now and I would not want to be here with any other unit.

Pilots take crash course: Aviation unit trains to survive water landing

SPC. JORDAN E. WERME
65TH PRESS CAMP

For military aviation personnel, safety is priority number one, and therefore it is taken very seriously. Survival Systems U.S.A., a civilian enterprise specializing in aircraft safety training, provides exactly the sort of emergency survival training that is so vital to any pilot, military or civilian.

On March 5, the Soldiers of Company G, 104th Aviation participated in Survival Systems' Modular Egress Simulator program, an aircraft safety training program designed to simulate the water-landing of, and subsequent escape from, various military aircraft.

"The program was designed for the Army at Fort Rucker," said Maria Hanna, Executive Director for Survival Systems Groton facility. The Army's Modular Egress Simulator program is a two-day course which encompasses both classroom study and practical application.

The program begins in the classroom, where students are familiarized with hazards, procedures and equipment that are common to emergency water landings.

In addition, students are also introduced to the pressurized air canisters that will eventually allow them a short period of time to breathe under water while they make their escape and rescue.

"Basically we (discussed) breathing compressed air, the types of injuries that are associated with breathing compressed air, egress procedures, crash sequences; things like that," said Chief Warrant Officer Robert Lussier, a CH-47 pilot for Co. G. "Proper bracing procedures, proper egress procedures for getting out of the airplane."

As the first day of training progresses, the students enter a large indoor pool to begin the practical application of what they have learned so far.

Students are strapped into a Shallow

Water Egress Training chair (SWET) and turned upside down in the water.

"The first time through was a little bit of a jolt," said Lussier. "If you've never been upside down in the water, it's a different experience—especially when you're strapped in a seat."

Each student is turned upside down in the SWET chair several times to ensure that he is familiar with the procedures and can effectively use his reference points to achieve a successful, safe exit from the structure.

Having successfully completed the SWET chair training, the students move on to the Modular Egress Training Simulator (METS), in groups of four, where each skill they've learned is put to use.

For Co. G, the METS device was configured to mimic the CH-47 Chinook—the aircraft operated by the unit. But the simulator can be refigured to resemble nearly any aircraft.

"Because our company is the manufacturer," said Hanna, "and because it's designed as a modular unit, we can change out the door panels and other components to train on almost anything. We try to make the training as realistic as possible while still being safe."

The METS unit is suspended above the facility pool and is rapidly lowered as it rotates 180 degrees, so that the entire capsule is submerged upside down just beneath the surface of the water.

The students must then un-harness themselves and escape through designated egress points.

Once each student has gone through the METS portion of training, he moves to compressed air training, learning to clear the breathing apparatus and to breathe through a regulator and oxygen canister.

Then it's back to the SWET chair and another round of METS dunks—this time using the air bottle.

"Everything learned in the classroom portion was helpful during pool exercises," said Lussier, "especially the cues given to facilitate escape."

The second day begins similarly to the first, with the students starting in the classroom to cover surface survival, flotation, group formations and rescue and recovery techniques, said Hanna.

The afternoon session includes both the SWET and METS devices, with continued use of the air canisters. New items included hover evacuation, raft inflation and rescue recovery procedures.

Every Soldier who successfully completes the Modular Egress Simulator program receives multiple four-year certifications: Aircraft Ditching Course - Basic, Aircraft Ditching Course—Advanced, SEAMK II and Water Survival.

Survival Systems has trained more than 1,000 military personnel and countless civilian airline employees and has never experienced a safety emergency, said Hanna.

"If (we) did, (we) wouldn't be in business," said Hanna. "All the doors (on the METS) have outside handles so the instructors can get in if needed. And we always have divers underneath to watch for safety."

To maximize safety during training, two

SCUBA-equipped divers are submerged, keeping careful watch on everyone inside the METS. Additionally, there is one instructor on board for every two students. Only the divers have breathing apparatus with them at this stage in the training, so it is important that the instructors and the students escape from the METS quickly. Even non-swimmers can complete the course without incident.

"As a company philosophy," said Hanna, "we don't care if you can swim. The idea is to learn how to survive without swimming. You must know to have flotation, or you won't survive. We train non-swimmers all the time."

For the Soldiers participating in the METS program, the opportunity and value are impossible to ignore.

"They don't train this kind of stuff at flight school," said Lussier. "You get drown-proofed, but you have to get out of the aircraft first. We didn't have anything like this down there (at flight school). This is something that's really different. You're not going to get this kind of thing in the civilian world unless you work for a private company flying for them. You're just not going to get it. This stuff is cool, it's fun. We're having a blast."



Capt. Richard Anderson receives instruction on the proper way to exit an aircraft in the water before he is turned upside down in the Shallow Water Egress Training (SWET) chair. (Photo by Spc. Jesse J. Stanley, 65th PCH)



Chief Warrant Officer Craig Ryan practices the proper methods of clearing a mouthpiece and breathing compressed air upside down underwater. (Photo by Spc. Jesse J. Stanley, 65th PCH)



After being flipped over the Soldiers have to quickly push out a window, unbuckle their straps and exit the SWET Chair while in the water. Trained personnel stay close by to prevent accidents. (Photo by Spc. Jesse J. Stanley, 65th PCH)

Storm fails to dull spirits of Fighter Wing Easter Egg Hunt

MAJ. GEORGE WORRALL
103 FW PUBLIC AFFAIRS

As a late winter storm blew through Connecticut March 12, plans for the midday Easter Egg Hunt looked doubtful, however, by 11 a.m. the storm had left the sun to welcome children to the annual 103rd Fighter Wing Easter Egg Hunt in the base dining hall.

"We had 75 children come with their families out of the 85 who were registered," said Donna Rivera, wing family program coordinator, 103rd Fighter Wing, who organized the event. "We attributed the no-shows to the weather." In 2004, 103 children attended the event.

Keeping with tradition, the children and their families enjoyed making crafts, eating, posing for pictures with the Easter Bunny and duck. The fresh coating of snow required a nontraditional change to indoors for hunting the eggs.

"I like it better when we go outside," said JoAnn Swift, family support volunteer, of the change to an indoor egg hunt as she spread colorful eggs in the hallway. "It is more fun to hide the eggs in the grass and watch the kids really enjoy them."

Watching the children and families it was clear there was still fun to be had.

"I thought the Easter Egg Hunt was great," said Staff Sgt. Meisha A. Nieves, 103rd Mission Support Flight. "It was nice to be around the other families at the wing and the kids seemed to have a really great time."

"I like the drawing part best where all the

kids won something plus a basket," said Master Sgt. Gerardo P. Apruzzese, 103rd Maintenance Squadron. "They put so many eggs out all the kids get something, even the slow ones. The kids really loved how the bunny and the duck kept coming around."

The good times come from more than just the planned activities.

"What is really good about this is to get all the families together," said Maj. Ronald C. Latorre, 118th Fighter Squadron. "The kids have a blast and it is a good way to get them out in the winter."

"There is more than just the party, too — little things like that where you get to see people in another environment and know them on a different level," said Apruzzese.

Without any prompting from Apruzzese, Nieves expressed the same sentiment with an example.

"I have been in the honor guard with Master Sgt. McIntosh for a long time and I finally got to meet his wife and three children," said Nieves, who was able to introduce her daughter Aneyah, 3, to the McIntosh's children.

Of course, the family program volunteers are what make events like this possible.

"They all got in early despite the snow, to set up so we were ready to go as soon as the sun came out and the families arrived," said Rivera.

"It was excellent. I have been to a few of

them in the past," said Apruzzese. "I just appreciate them doing it."

Thanks to the family support volunteers, donations and money from Air Combat Command, unit members and their families only paid a token \$1 per family.

"It is the best deal in town as far as the

Easter Bunny is concerned," said the Easter Bunny through his interpreter Brig. Gen. Daniel R. Scace, deputy director, Joint Force Headquarters, Connecticut. "It was a slow start because of the weather and there were plenty of eggs to go around ...everybody had a good time."



Charlie Solomon, family support volunteer and retired Senior Master Sgt., carries a bin full of hot dogs to the serving area March 12 at the 103rd Fighter Wing Easter Egg Hunt in the base dining hall. (Photo by Maj. George H. Worrall, 103rd FW)



Master Sgt. Gerardo P. Apruzzese, propulsion shop supervisor, 103rd Maintenance Squadron (center foreground) and his daughter Alexandra, 8, sign-in with Tami Scace, family support volunteer and ombudsman, for the 103rd Fighter Wing Easter Egg Hunt in the base dining hall March 12. (Photo by Maj. George H. Worrall, 103rd FW)



The Easter Bunny gently holds a smiling Matthew Leduke, 10 months, for a picture March 12 at the 103rd Fighter Wing Easter Egg Hunt in the base dining hall. (Photo by Maj. George H. Worrall, 103rd FW)



Devyn Latorre (left), 2, and Marc Anthony Torres (right), 3, play near the Easter Bunny and his inflated likeness March 12 at the 103rd Fighter Wing Easter Egg Hunt in the base dining hall. (Photo by Maj. George H. Worrall, 103rd FW)

300 children earn expert egg hunting badge

Spc. JESSE STANLEY
65th PCH

Lying before them was a field dotted with multicolored objectives. Each child clutched their basket nervously, occasionally adjusting their grip. They eyed the children to each side of them appraising their speed and agility, sizing up the competition in their quest to get the most eggs.

As the starter yelled go, the children charged forward racing to collect as many of the 4000 Easter eggs they could. This was the scene March 26 at Family Program's 8th annual Breakfast with the Easter Bunny and Easter egg hunt.

More than 300 children arrived with their families to see the Easter Bunny and hunt for candy-filled Easter eggs.

"We are feeding a lot of people today," Kim Hoffman director of family program said. "We are expecting 600 people. We have more than 125 pounds of bacon, 75 pounds of pancake mix, 2000 sausage links, and 20 gallons of fruit salad."

The event has been worked on for the last three months.

"This is our largest turnout ever," Hoffman said. "In our first year we only had 100 people come. Since then we have had to move the location to accommodate the number of children and families who attend. It would not have been possible without the amazing support from staff and volunteers."

More than 25 volunteers were there to hide 4000 Easter eggs, cook and serve breakfast and assist the Easter Bunny.

The Easter Bunny waited in his village for

the children to finish breakfast and go visit with him.

"I am very excited to see the children twice this year," Easter Bunny said.

The Easter Bunny prepared tables of arts and crafts for the children to do while they waited for the egg hunt to begin.

Each child came to the event with their own strategies for finding eggs.

"I am looking forward to hunting for eggs," Elizabeth Hasara, age six, said. "I plan to run really fast to get lots of eggs."

Terry Carpenter, age four, had his own special plans for getting a lot of eggs.

"I am going to climb a tree and jump down to get them," he said.

His eight-year-old sister, Gabby, had several steps laid out.

"First I look around," Gabby explained. "I can probably see them ten feet away. Then I run to where I see Easter eggs."

PJ Bourque brought a special basket to assist him.

"It has a long handle so I can drag it through the eggs," Bourque said.

As the time for the hunt began to draw near children began to gather at the starting line. Parents stood back and cheered for their children.

"I think programs like this are very important," Staff Sgt. Jim Liska, 1109th AVCRAD, said. "I try to get my family to come to as many programs as we can. When I was deployed the support out there was amazing."

"There comes a time to decide whether to stay in the guard or not to," Liska said.

"Having the support of your family makes you

more likely to stay. Programs like this really keep the whole family involved."

As Kim Hoffman yelled for the hunt to begin the children cheered. Their patience finally rewarded and released into a sprint to gather the candy-filled eggs.

Nearly as quickly as it began it was over. All 4000 eggs were gone in the blink of an eye.

As the dust settled over the field all that remained were a few children searching for one last unfound egg and a few parents retrieving their little egg hunters.



Children scan the field for the best and biggest eggs. (Photo by Spc. Jesse J. Stanley, 65th PCH)



The Easter Bunny made a special appearance at the egg hunt to say hello to the children. He was very excited to see the children two days in a row. (Photo by Spc. Jesse J. Stanley, 65th PCH)



The hunt was over in seconds as the children raced across the field gathering as many eggs as they could. (Photo by Spc. Jesse J. Stanley, 65th PCH)



Before the start was yelled the children were ready in race positions trying to plot out the best course to get the most eggs. (Photo by Spc. Jesse J. Stanley, 65th PCH)



Daniel Ferrer stops to inspect his prize egg during the Easter egg hunt. His father Lt. David Ferrer, 103rd FW, brought him to the egg hunt for his 1st birthday. (Photo by Spc. Jesse J. Stanley, 65th PCH)

FOB Warhorse: An average day at work for the 141st

SPC. WILLIAM ADAMS
141ST MEDICAL CO.

I wake up every morning and follow a monotonous routine, similar to that of every other American today. The alarm goes off at 6:45, and I take care of my personal business – showering, shaving, etc. and get dressed for work.

As the water for tea boils, I'm finishing collecting my things for work. I pour the hot water into my Eddie Bauer mug, along with some cream and sugar, and head out the door no later than 7:45. I walk to work, because the fresh air feels good in my lungs and the distance from where I sleep to where I work doesn't necessitate a vehicle.

As I walk, I greet people walking to and from random places, while drinking my hot tea and munching on a Power Bar. I arrive around 8:00, just in time to throw away my empty wrapper and finish my tea. I greet my partner, AnnaMaria, Shorty, and our business day begins.

Working on an ambulance is not as easy as some people make it out to be. We start off every day by inspecting our vehicle and making sure we are prepared to answer a call, if necessary. Just as we settle into our morning of quiet music and crossword puzzles, the radio calls up – it's time to do what we do best.

Grabbing our gear, we rush out the door of our quaint office, get in our vehicle and head out to respond. The patient is a 22-year-old male Police Officer with several gunshot wounds to his right leg and abdomen. His condition is stable, so we cover his wounds as best we can.

I set up a cylinder of oxygen to help him breathe, while Shorty gives him an IV to keep his blood pressure up. Once these procedures are finished, the patient is loaded into the ambulance and we begin transport to the hospital. Shorty is driving and I am in back monitoring the patient's vital signs for any changes or improvements.

As we pull up to the emergency entrance

to the hospital, a team of Doctors, Nurses, ER and OR techs are waiting – they have had advanced notice of our arrival. We hand over the patient and give our report of his injuries and the interventions we have administered. As fast as we picked up the injured Police Officer, he was out of our care. We don't bother hanging around the hospital, so we head back to our office.

The rest of our morning is quiet. We fill out the appropriate paperwork to document our run, and settle back into our routines. Before you know it, lunchtime hits. We never eat much, usually just a sandwich or salad and some drinks. Shorty decides it's a tuna day, while I've picked chicken salad. We eat quickly because as usual, there's a call to answer.

We head out again for another call, not giving our stomachs enough time to digest. After the run is over, we decide to go give the box a wash. I always seem to get a small sense of pride in knowing that my vehicle is as clean as possible, and everyone around can see it.

After we return to the office, I am still in super-clean mode and I begin cleaning the floor and shelves. Shorty relaxes with a game of Spider Solitaire and some Kelly Clarkson on the radio. The rest of the afternoon melts away, and I run out to check the mail – a few packages and letters that need their appropriate filing.

Because we work 24-hour shifts, we get a quiet dinner together, and then settle into a movie. To anyone who follows us around, we probably look like a married couple, or at least brother and sister.

I look at my watch as the movie ends and it's just after midnight. We set up two cots and add some blankets, pillows and decide to try and sleep. Trying to sleep while we are on duty is ultimately a waste of time because one ear is always open listening for the radio. I sleep for a few hours, knowing that I am probably snoring and keeping AnnaMaria awake.



A Soldier with the 141st Medical Co., stationed at FOB Workhorse, stands ready in the back of his ambulance. (Photo courtesy Capt. Ann Marie Garcia, 141st Med. Co.)

The morning sun starts burning my eyelids open at 7:30, so I decide to wake up. The guys who replace us for the next 24 hours will be arriving soon, so we clean up our mess for them. After they arrive, we send out our reports and head home.

This is my average day of work. It could take place in any city in the modern world.

I could work for any ambulance company in the phone book. Unfortunately, I don't.

The ambulance company I work for is the 141st Medical Company, of the Connecticut Army National Guard.

My place of duty is in Ba'qubah, Iraq. Shorty's real name is actually Sgt. Verdura, and mine is Spc. Adams. Our 22-year-old Police Officer patient is one of the newly trained Iraqi Police, just trying to do his job. The Doctors are all majors and captains. I forgot to mention that every time we respond to an injured patient, we wear 35 pounds of Kevlar and metal plates,

along with an M-16 rifle.

The hospital is a refurbished building, outfitted with the 745th Forward Surgical Team and C Company, 203rd Forward Support Battalion.

We do our jobs as best we can so that they may carry out their jobs to the best of their ability.

Did I forget to mention that our working conditions are dusty and the average daily temperature can hover around 140 degrees Fahrenheit?

Our job is a normal one. It could be done by anyone that has the proper training. Just so happens we do this average job for the U.S. Army.

Remember these things when the air conditioner isn't working, or when the television goes on the fritz. Remember it when the DSL line is a little slow, or when the cell phone battery is dead and a call cannot be made.

143rd MP Company, on the road again, this time to Germany



MPs learn the fine art of prisoner control. (Photo courtesy Master Sgt. Marc J. Youngquist, 143rd MPs)

MASTER SGT. MARC J. YOUNGQUIST
143 MP CTARNG

On April 3, 2004 the last member of the 143rd Military Police Company returned to U.S. soil landing at Wheeler Sack Army Airfield at Fort Drum, New York.

On April 3, 2005 the 143rd Military Police Company will deploy overseas again - this time to Germany for a real-world training assignment.

Members of the 143rd will assume law enforcement duties in Germany for three weeks and then return home to Connecticut. Over the past six months the company has been in a train up mode shifting from combat operations in Baghdad to preparing for the law enforcement mission in Germany.

This is not the first time the 143rd Military Police Company has deployed for annual training and taken on real-world missions. The 143rd has participated in four other missions to Panama, the Dominican Republic, Iceland and most recently, Italy prior to deploying to Iraq for a year. The unit also spent nine months on active duty after 9/11 providing security at the airports.

The 143rd spent their March drill learning defensive tactics utilizing the PR-24 nightstick. The 143rd was fortunate enough to enlist the services of a number of certified PR-24 instructors who donated their time to help the troops prepare for their mission.

The unit also sent troops to the Sub Base to qualify on the M-16 rifle and the M-9 pistol.

Women's History Month celebrating how 'Women Change America'

SPC. JESSE STANLEY
65th PCH

The Connecticut National Guard and the United States Postal Service hosted the 2005 Women's History Month celebration at the Radisson Hotel in Cromwell, Connecticut, on March 26. The keynote speakers and workshops that followed focused on this

year's theme, "Women Change America."

"Women's history is filled with women whose lives and work have transformed American communities and the ideas of their day," Leigh Piscitelli, special events coordinator for the Connecticut Performance Cluster of the US Postal Service and the master of ceremonies, said.



The women and girls in the audience banded together to scream girl power in celebration of Women's History Month. (Photo by Spc. Jesse J. Stanley, 65th PCH)

"Women's history is also about countless women who have lived out their lives quietly at the center of their families. The purpose of Women's History Month is to increase consciousness and knowledge of women's history: to remember the contributions of notable and ordinary women, in hopes that the day will soon come when it's impossible to teach or learn history without remembering these contributions."

One area where women's contributions were remembered in this year's celebration was in our nation's defense. A proclamation from Gov. M. Jodi Rell saluted the women of the Connecticut National Guard who answered, with honor, the call of duty in defense of our nation.

Sgt. Melissa Guarnieri, 118th Med. Battalion and Sgt. 1st Class Lisa Hallett, 192nd Chem. Co. were presented with copies of the governor's proclamation. Guarnieri served overseas in Operation Iraqi Freedom, and Hallett served in the United States in Operation Noble Eagle.

"The role of women in our nation's defense is often understated," Brig. Gen. Thaddeus Martin said. "More than 200 Connecticut National Guard women, both Army and Air, are veterans."

Following these presentations speakers shared their experiences with the gathered

audience.

Barbara Espinosa Occhino, president and creative director of Vertex Marketing, spoke about her experiences as a woman in the world of business. As a young woman she challenged the norm and ventured into marketing while in college. Since then she has successfully navigated the usually male dominated world of business.

"Success is how high you bounce when you hit rock bottom," Occhino quoted Gen. Patton as saying.

She stressed never quitting and the other women around her as keys to her success.

Diane Goss Farrell, First Selectwoman, Westport, spoke about women in politics and urged the young women in the audience to make a difference in the world around them and to not be afraid to venture into the world of politics. She cited examples of women in politics as former governor Ella Grasso and current governor M. Jodi Rell as role models.

Following the speakers two workshops were offered to those gathered. *Sticky Floor*, *Glass Ceiling: What's a Woman to Do?* and *Employment Opportunities for Women in the Federal Government*.

The success of this year's celebration is just one more step in ensuring that women's history is part of our everyday lives and education.

DFAS changes Web site address

ARMY NEWS SERVICE

The Defense Finance and Accounting Service public Web site has changed from (<http://www.dfas.mil>) to <http://www.dod.mil/dfas> as of March 1.

Webmasters who link to the site or pages within the site should review their links and update them accordingly. The current site at <http://www.dfas.mil> will remain available to March 31. After that date, users will be redirected to the root level of the new site at <http://www.dod.mil/dfas> and direct links to pages at the previous site will generate an error message notifying users of the move.

This move will enhance the performance of DFAS public Web site, provide redundancy to prevent down time and provide opportunity for enhanced features in the future, said DFAS officials.

"Our goal is to provide the best service and products possible to the men and women who defend America," said Claudia L. Bogard, director of Corporate Communications at DFAS. "With this move, our customers can rely on DFAS for faster access to information whenever they need it from anywhere around the globe at any hour of the day or night."

The new hosting of DFAS's public Web site will provide the following benefits:

- Increase the speed of the site by more than 12 times
- Provide redundancy to prevent down time
- Improve search capability to allow DFAS content to be found on any of dod.mil sites
- Allow DFAS content to be found at any of the following URLs:
www.dod.mil/dfas, www.defense.mil/dfas, www.pentagon.gov/dfas,
www.defense.gov/dfas, www.defenselink.mil/dfas, www.defense.gov/dfas
- Creates stronger alignment between DFAS and DoD public Web sites
- Provides greater opportunities for enhanced features in the future
- Reduces the burden of public Web traffic to DFAS networks.

The Defense Finance and Accounting Service is the world's largest finance and accounting operation. In 2004, DFAS made 104 million pay transactions to about 5.9 million people, processed more than 12.6 million invoices from defense contractors, disbursed more than \$455 billion and managed more than \$226 billion in military trust funds.

Military pay, allowances recognize troops' contributions

GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

Since the Sept. 11 attacks, Defense Department leaders and U.S. legislators "have worked together to increase servicemembers' basic pay by more than 21 percent," a senior DOD official told House Armed Services Committee members March 16.

DOD officials remain "committed to taking care of servicemembers and their families through appropriate compensation while members are deployed and serving their country in dangerous locations around the world," said Charles S. Abell, principal deputy undersecretary of defense for personnel and readiness, before the military personnel subcommittee.

U.S. troops are slated for a 3.1 percent across-the-board pay raise this coming year, Abell said. Additionally, he said the department has met its goal of eliminating troops' average out-of-pocket housing costs by 2005. In fact, he said military housing allowances are 41 percent greater than they were in 2001.

Troops serving in dangerous overseas locations receive various types of tax relief, depending upon rank and income, as well as additional compensation in view of their contributions in fighting and sustaining America's fight against terrorism, Abell said.

For example, eligible enlisted troops deployed to combat zones have their military pay exempted from federal income tax, he said. Besides their regular pay, these troops also receive \$225 monthly in danger pay and a \$250 monthly family separation allowance.

Abell said that troops deployed to overseas combat zones also receive hardship duty pay of \$100 a month and a \$105 monthly incidental expense allowance.

An accumulation of such added compensation typically amounts to more than \$700 a month for married servicemembers and more than \$500 for the typical single troop during deployment, he said.

"These pays and allowances acknowledge the hardship and danger involved at these deployment locations, as well as the sacrifice associated with tours away from family," Abell said.

NGACT's 11th Annual Conference draws legislators, Congressmen and a call from Iraq

Pfc. JOSEPH BROOKS
65th PCH

The 11th annual conference for the National Guard Association of Connecticut (NGACT) was held at Camp Rell on March 19. The annual conference focused on the activities of the association throughout the year as well as the accomplishments and future activities that can be planned to further the interests of the members of the Connecticut National Guard.

The emcee for the conference, George Worrall, opened the meeting with a brief explanation of the history of NGACT and the supporting organizations which have evolved to represent the interests of members of Connecticut's National Guard. Following the introduction the Executive Board got right down to business.

The conference, led by the association's president, William Cusack, focused heavily on the many legislative initiatives that have been presented at the State Legislative Office Building. There were more than 90 pieces of legislation that which have been proposed that relate directly to the military. The Connecticut National Guard is directly affected by 77 of the pieces of proposed legislation.

The Legislative Chairperson and President-Elect, Debbi Newton, presented an update on several of the bills which the association has worked both in Connecticut and on her recent trip to Washington, D.C. where she met with all members of Connecticut's Congressional delegation or their military legislative aides. She reported at the conference that NGACT has had unprecedented success this year in furthering the interests of the members of the National Guard. Many of

the legislative issues discussed in Washington were issues that NGACT has been advocating for years.

Some of the ideas supported by NGACT in Washington include changing the retirement age to 55 and a proposed "TRICARE for all" system to provide health coverage to members of the National Guard who do not have health care, as well as the elimination of BAH II. According to Newton, all three issues seem to have gained much support this year among Connecticut's Congressional delegation.

After conducting their regular business the members of the executive board of NGACT had arranged for several guest speakers. Among the planned guest speakers were Representatives Linda Orange (D-48) and Len Greene (R-105). Both representatives spoke about their involvement with NGACT and pledged their continued commitment to furthering the interests of the association. They pledged the continued efforts of what the dubbed the "Greene-Orange Team."

One surprise guest speaker was on

hand to both congratulate the continued success of NGACT and to lend his support for future endeavors. Representative Rob Simmons was originally scheduled as the keynote speaker for the conference, but had the opportunity to travel overseas and his staff cancelled his appearance, but left the conference on his schedule as an FYI.

Shortly before lunch, he showed up and asked if there was room on the schedule for him to say a few words and his unscheduled appearance was more than appreciated by

the members of NGACT as they stood to applaud his arrival.

"Please, you don't need to stand for me; it is I who should stand for you," Simmons started off by saying.

Simmons pledged his support for any legislation that would be endorsed by NGACT. Simmons, a retired Army Colonel, pledged to fight to help obtain greater benefits and support for all members of the armed forces.

After lunch, Brig. Gen. Daniel Scace, Deputy Commander, Joint Forces Headquarters, gave a presentation on the state of the Guard in Connecticut. He had barely begun his briefing when he was

interrupted by Anthony V. Savino, former command sergeant major for the Connecticut Guard, and Newton. There was an important phone call that had to be shared with the conference attendees. Newton walked up to the microphone with cell phone in hand to announce that

Sgt. Maj. Joseph Aparo was on the line from Baghdad. Aparo never misses an NGACT conference, but is serving with the 143rd Area Support Group in Iraq.

Aparo spoke through the cell phone held up to the microphone to let everybody know that the members of the ASG were doing well and to thank NGACT for continuing to work hard on behalf of all the Soldiers and Airmen of the Connecticut Guard. At the end of his phone call, he and the ASG received a standing ovation from those gathered and shouts of encouragement for their continued good work and safety.

The keynote speaker for the event was Commissioner Linda Schwartz of the Department of Veterans. Schwartz was present to discuss how NGACT benefits the veterans. Schwartz has worked closely with the organization to facilitate better benefits

for veterans. Schwartz praised the work of the organization highly and expressed her wishes for the organization to continue to fight for veterans benefits.

"More than 7,000 residents from Connecticut have deployed since September

11th and every one of them receives veteran status," she said.

On hand to support NGACT were representatives from Sikorsky and SBC. Sikorsky has been a long term sponsor

of the NGACT conferences and this year SBC stepped forward to cosponsor the event.

After a late afternoon break, members of NGACT gathered at Unk's restaurant for an awards dinner, where the guest speaker was Congressman Christopher Shays. Shays has traveled overseas to visit Connecticut Guardsmen several times and has been outspoken in his opposition of the anthrax vaccine. Among his messages that night was the new piece of legislation he is co-sponsoring in Washington to help ease the pay disparity when a Guardsman or Reservists is mobilized. The legislation, if passed, would provide for the federal government to make up the pay difference for any of its civilian employees who are Guardsmen or Reservists who get called to active duty, and would give tax breaks to businesses that voluntarily make up the difference in pay for their employees.

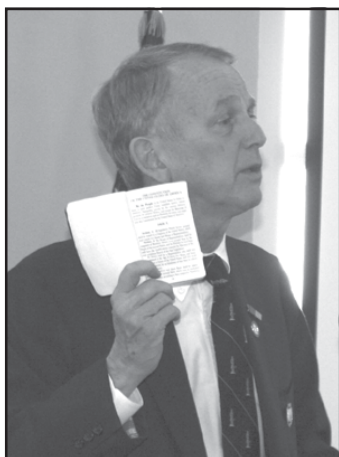
Awards were presented to Shays and Kinson Perry, accepting on behalf of SBC, for their continued support of the Guard. Other awards were presented during the day session and went to Sikorsky, and Orange, again for their continued support of the Guard and NGACT.



Commissioner Linda Schwartz



Brig. Gen. Daniel Scace



Congressman Rob Simmons



President William Cusack (l) and President-Elect Debbi Newton (r) present Representatives Linda Orange and Len Greene with copies of the Sonny Montgomery autobiography. Montgomery was the architect behind the Montgomery GI Bill. (Photo by Pfc. Joseph Brooks, 65th PCH)



Capt. Linda Cunha discusses her recent deployment to Iraq with NGACT President Bill Cusack and Congressman Christopher Shays. (Photo by Maj. Gerge Worrall, 103rd FW PA)

Connecticut Military Department News

Swinging with the 2nd Co. Governor's Foot Guard dance band



Sgt. Jessica McKenna and her fiancé Sgt. James McKenna do the Cha-Cha together during the Foot Guard benefit dance March 11 at Zandri's in Wallingford, Connecticut. (Photo by Spc. Jesse J. Stanley, 65th PCH)

SPC. JESSE STANLEY
65TH PCH

The 2nd Company Governor's Foot Guard dance band held a benefit concert March 11 at Zandri's Stillwood Inn in Wallingford, Conn.

The band raised money for the National Guard Foundation, which is a nonprofit organization that financially assists Soldiers and their families in times of need.

The event featured a wide variety of music from slow waltzes to bouncing swing. The sound from the 17-piece band easily filled the entire hall.

The dance floor was only empty between sets and even then there were sometimes a few couples dancing to songs only they could hear.

"We had a wonderful time at the Foot Guard Dance," Sgt. Jessica McKenna said of herself and her fiancé.

"We danced all night to the very last song. The band was great and the hall was lovely. What a wonderful event for such a great cause. It was really a very nice time and I can't wait to go to the next one."

The all volunteer 2nd Company Governor's Foot Guard drills on Monday evenings. The dance band puts in an additional drill on Friday nights.

"I march with the infantry and play in the dance band," Sgt. Don Rosadini said. "I do both because I love the music we play in the dance band."

All of the people who played at the benefit are volunteers and they perform many functions.

"We are playing a concert in Waterbury, two weddings, parades and the OCS Dining in," Sgt. 1st Class Joe Nuzzo said.

The band is available for weddings, retirements, concerts, patriotic events and fundraisers.

The band is holding another dance May 6 at Zandri's Stillwood Inn in Wallingford, Conn. Tickets will be \$20.00 each.

For more information contact Chief John DePastino 203-757-4113.



The 17-piece Foot Guard Band played a wide variety of music all night from waltzes and cha-chas to tango and swing. (Photo by Spc. Jesse J. Stanley, 65th PCH)

BIG BAND DANCE TO BENEFIT SECOND COMPANY GOVERNOR'S FOOT GUARD BAND

FRIDAY ...MAY 6, 2005
7:00 TO 11:00 PM

\$ 20 Admission



\$20 Admission

ZANDRI'S STILLWOOD INN

1074 South Colony Road, Wallingford, CT
(I-91 Exit 13, turn right, next to Vinny's)

Tickets remaining available at the door or call now to reserve yours; 203-269-6695

Free Snacks and Hors D'oeuvres Are Included With Admission

**Come on down! Reunite with old friends
and make new ones!**

**Dance to the Big Band Sound of the Second Company
Governor's Foot Guard 17 Piece Dance Band as they play all your
favorite hits for Patriots of All Ages**

For Information Contact:

CW4 John J De Pastino
(203) 757-4113 jjdep@hotmail.com

or

SFC Joseph Nuzzo
(203) 469-6986 jnuzzo@snet.net

Sponsored by The Second Company, Governor's FootguardBandof
New Haven, CT

Please help us support them!

Connecticut National Guard Foundation Inc

The Connecticut National Guard Foundation Inc announces its 2005 scholarship program. This year the foundation will award a total of **four** scholarships.

1. A **single \$2500.00 scholarship honoring SGT Felix Delgreco Jr.** will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard.
2. **Three \$1500.00 scholarships** will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses.

Application forms may be found on the Foundations web site at: www.ctngfoundation.org

Additional Information:

1. Complete application packets must be postmarked no later than **April 30, 2005**
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to attend a regionally or nationally accredited degree or technical program
4. Mail application form and completed package to:

CTNG Foundation Inc.
Attn: Scholarship Committee
360 Broad Street, Hartford Armory
Hartford, CT 06015

5. Please contact the foundation at (860) 241 1550 or e-mail ctngfi@sbcglobal.net for further details.

Home with heavy hearts: Company C, 102nd Infantry returns from combat in Iraq

SPC. JESSE STANLEY
65th PCH

Six days after landing in Lawton, Oklahoma, the members of Company C, 102nd Infantry finally made their way home to Connecticut on March 26. These men saw the worst that war had to offer during their 18-month deployment, which was intense from the day they got there until the day they left.

The anticipation could be felt in the air as the families waited for their loved ones to arrive at the Army Aviation Support Facility (AASF) next to Bradley Airport in Windsor Locks, Conn. Every time a plane landed a cheer erupted through the crowd.

"Finally it is the end," Alicia Lebeau said as she waited for her husband Sgt. 1st Class Greg Lebeau to arrive at AASF. "I lived on pins and needles every day that they were gone. Sometimes when I did not hear news about them for a few days I would get very worried."

The reality of war was quickly learned by the families of the unit. Very close to the start of the deployment Sgt. Felix Delgreco was killed in action.

"Right from the beginning it was a reality check," Lebeau said in reference to Sgt. Delgreco being killed. "Just when I let my guard down thinking they were safe and coming home soon there was another casualty."

Spc. Robert Hoyt was killed in December.

"I am happy they are home now," Lebeau said. "It is bitter sweet though."

The unit's involvement in so many combat operations gave a particular worry to their families who waited to hear word that they were ok.

"We did not get to hear from him often," Christine Luc said of her son Sgt. Brian Barkman Jr. "When he called and I heard his voice I would hold my breath to make sure it was really him. It was hard. Every time you heard the news you didn't know if it was them (102nd) or someone else and you didn't know where they were."

"Knowing he was in a traumatic ambush under fire was the worst for me," Darylanne Ballantyne said of her son Spc. Mark Ballantyne. "We are proud of him for doing as he was trained and keeping on going."

"There was a lot of concern and worry," John Ballantyne, Mark's father, said. "We had to take it one day at a time. We never thought this day would really come."

Throughout it all the families made it through with support from those around them.

"Our church was very supportive of us and Mark," John Ballantyne said. "He has a big support group out there. The church was a central part of that, a real spiritual aspect that helped him a lot."

"There was a lot of support out there," Luc said. "Our family, my place of employment, and the guard family program were always there for us."

The waiting was finally over. Bradley airport fire trucks sprayed an arch of water for the bus carrying the Soldiers to their families. Cheers and screams erupted from the waiting families; 18 months of waiting had finally come to a close.

The first Soldier stepped off the bus and marked an end to the difficult journey Company C, 102nd Infantry had made. The waiting families finally were unable to wait any longer and ran, open armed, to their loved ones as they emerged from the bus. The trials of war now over, they can focus on reuniting with their families.



A young boy awaiting a loved one in the 102nd to return waves his flag from his shoulder-top perch. (Photo by Spc. Jesse J. Stanley, 65th PCH)



The members of Company C, 102nd Infantry pose for a group picture after their welcome home ceremony. (Photo by Pfc. Joseph Brooks, 65th PCH)



Sgt. Joseph Aparo and his future father-in-law, Paul Hinckley, embrace upon Aparo's arrival home. Hinckley is a retired Air National Guard member. (Photo by Spc. Jesse J. Stanley, 65th PCH)



Families all across the AASF



Company C, 102nd gets a heroes welcome home

Pfc. JOSEPH BROOKS
65th PCH

Sunday March 20 was bittersweet for the members of Company C, 102nd Infantry.

They arrived at the airport at Lawton, Oklahoma aboard a commercial flight along with the members of Arkansas' Troop E, 151st Cavalry of the 39th Brigade Combat Team.

They were weary and worn out from the long flight that was the culmination of their deployment.

The members of C/102nd Inf. streamed out of the civilian jet along with the members of the 151st Cavalry. In their first steps on home soil they were welcomed by a receiving line which included Gen. William A. Cugno, Col. Daniel J. McHale, Capt. Robert T. Brafford and Capt. Paul L. Draper.

One of the Soldiers exiting the plane decided to forgo the receiving line in favor of kissing the ground of the nation he has been fighting to defend.

The 102nd saw many combat missions during the course of their 18 month deployment. They were engaged in combat from the moment they set foot in Iraq.

"There wasn't a moment's peace. We faced mortar attacks on the first day we arrived," said Staff Sgt. Christopher Shary.

The 102nd suffered great losses in the war on terrorism. Sgt. Felix Delgreco was killed in action on April 9, 2004 and Spec. Robert Hoyt was killed in action on Dec. 11, 2004. Both of these American heroes were greatly missed at the homecoming.

"They were great Soldiers who unfortunately I never got to know as well as I would have liked to," said 1st Lt. Rick Marshall.

The return of the 102nd was characterized by cheers and tears as they descended the plane and boarded a bus bound for Fort Sill, Oklahoma.

They had a modest welcoming home ceremony at Fort Sill's recreational facility. The members of the 102nd were welcomed warmly by the Soldiers of Fort Sill and the friends and families of the Arkansas Soldiers with whom they had served.

The Adjutant General of Arkansas, Maj. Gen. Don C. Marrow personally thanked the members of the 102nd for their service and for filling out the ranks of the Arkansas unit.

"Most of you are from Arkansas but a good number of you are from Connecticut. Thank you for your bravery, dedication and service."

After the ceremony the units disbanded. There were many thanks from the families of the Arkansas Soldiers who appreciated the service of the Connecticut Soldiers.

War made quick friends of the two units who had seen the some of the worst that combat had to offer.

Having survived the worst that Iraq could offer them, they now said goodbye and went their separate ways for the de-mobilization process.

After the ceremony the members of the 102nd had time to relax before the process of getting ready to come back to Connecticut. The conversation strayed from their memories of Iraq and their experiences in defense of their country only long enough to talk about what they had planned when they get home.

The company motto of the 102nd is "Stand Forth" and they have lived up to it.

They stood forth to volunteer their service, they stood forth to do the right thing, they stood forth to defend their country and they can stand forth and be recognized as heroes.

As they stood forth for a unit picture they again displayed their character as true heroes. One unknown voice came out of the group and said, "So what's next, I'm ready to go again."

enjoyed seeing each other for the first time in more than a year. (Photo by Spc. Jesse J. Stanley, 65th PCH)

Recruiting & Retention: Mission One

New programs, incentives focused on boosting recruiting efforts

DONNA MILES
AMERICAN FORCES PRESS SERVICE

The Army is using a variety of programs and incentives to help attract more young men and women into its ranks, according to Curtis Gilroy, DoD's director of accession policy.

Working to recruit 80,000 new members by late September, the Army is putting more recruiters in the field and giving them better tools to do their job, Gilroy said. Service officials are also hoping to boost the number and size of enlistment bonuses and are planning to roll out new advertising efforts that focus on adults who influence young people's decisions regarding military service.

Recruiters are "very, very important" to the overall recruiting effort, Gilroy said. "A uniformed recruiter in the field not only signs up recruits, but provides a statement of the military to the community," he said.

"The recruiter is the single most powerful tool the military has in its recruiting effort," agreed Navy Capt. Chris Arendt, deputy director of the DoD accession policy office. "What they bring is that personal touch,

the personality to convey the honor and service of the military." Their effect, he said, "is powerfully strong."

While personal and in-home visits remain critical to the process, particularly among Hispanic prospects, military recruiting is going increasingly high-tech. Laptop computers and cell phones have become critical to recruiters, who frequently work out of their cars rather than offices. And there's been surprising success in "cyber-recruiting" — each service's use of online chat rooms for would-be recruits to get information about the military.

"Each of the services has recognized that today's generation is a computer-savvy generation and does many things with the Internet," Arendt said. "Each service has reacted to that and is setting up cyber-recruiting efforts."

The Army, the leader among the services in this initiative, has a live chat room where recruiters can answer people's questions and guide them toward the information they need in their decision-making. Potential recruits can enter the chat room in a safe environment, using a pseudonym if they

wish, to ask questions or even check information about the military they've received from recruiters or others, Arendt explained.

The Army is also taking steps to beef up the bonuses it offers new recruits.

Bonuses are very important for a variety of reasons, Gilroy said. They entice people to join the military in the first place. "They are also useful in channeling these new recruits into particular occupations that we really need," he said.

Generally jobs that offer the highest bonuses are hard to fill or require higher-level skills. Bonuses also help encourage recruits to sign up for longer terms of service or for specific duty stations, he said.

And in a new initiative being used by the Army, they encourage recruits to begin their duty more quickly after signing their contract. "If you report in one month, you get a certain bonus. If it's in two months, you get a different bonus," Gilroy said. "The longer you delay, the lower the bonus, but if you want to ship right now, the Army will offer a higher bonus for you."

The Army is also reviewing its advertising program and looking at better ways to reach

targeted audiences, including "influencers" — the parents, teachers, coaches and other adults who influence a young person's decision regarding military service.

Reaching this group can be a challenge, Gilroy acknowledged. "Mom and dad aren't too happy seeing their sons and daughters in a conflict," he said, particularly as they hear of soldiers being wounded or killed in combat. "And I think this is weighing heavily on their minds," he added.

There's also an indication that there's less public support for the war in Iraq, Gilroy said, and that could be a factor in why influencers aren't steering young people toward military service as frequently as in the past.

Gilroy said the Army is hopeful these and other efforts being explored will help attract more young people into the Army at a critical time, when it is increasing its end strength by 30,000 members.

The Army's recruiting goal for fiscal 2005 is 80,000 troops — 3,000 higher than last year's requirement and 6,200 higher than the previous year's.

Army Reserve components boost enlistment age limit for recruits

JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, March 22, 2005 - The Army Reserve and the Army National Guard have raised the age limit for recruits from 34 to 39, Defense Department officials said.

The move will add 22.6 million people to those who could potentially enlist in the reserve components, said Pentagon

spokeswoman Lt. Col. Ellen Krenke.

No other reserve component is contemplating such a move, officials said, and raising the age limit on active duty Soldiers would require a change in law.

The idea came from the Army Reserve's translator aide program. That program admits Arab linguists to the service up to age 41.

The new program will run for three years, Krenke said.

The Army National Guard and Army Reserve need people. The Army Reserve has recruited 6,230 Soldiers through the end of February. This is 89.7 percent of the year-to-date mission. The Army Guard is at 76 percent of their year-to-date mission, having recruited 16,835 Soldiers. The Guard started the year

with a 5,000-soldier deficit.

The limit to age 34 goes back to at least 1968, but older citizens have been allowed to enlist in the past. Dashiell Hammett, born in 1894, served during World War II as an Army private in the Aleutian Islands.

Doctors, lawyers and chaplains also are allowed to join the officer ranks beyond age 34.

New program hits cable TV, showcases Guard life, people, aims to boost recruiting

STAFF SGT. CAROLYN A. ASELTON
103RD FIGHTER WING PUBLIC AFFAIRS NCOIC

A new television show about the Connecticut National Guard began airing on cable access in March.

"Our Connecticut Guard" is a 30-minute monthly program that highlights our Army and Air National Guard units, members, achievements, events and activities.

The first edition features stories about the 103rd Fighter Wing's deployment to Operation Iraqi Freedom and participation in the Hawgsmoke flying competition, and the 248th Engineer Company's work in Iraq.

If you have a story idea for the show or would like to participate in its production, please contact the public affairs office in Hartford at 548-3251 or send an email to Carolyn.Aselton@ct.ngb.army.mil.

For information on show airtimes, call your local cable provider.



Call 1-800-716-3550

Overseas service earns Airmen tickets to Presidential Ball

STAFF SGT. CAROLYN A. ASELTON
103RD FW PA NCO

WASHINGTON – President Bush said he saved the best for last. Former President Bush said he was only going to one, and this was it.

And for three Connecticut Airmen, their fight against terrorism got them a chance to be at the Commander-in-Chief's Ball, too. The ball, which honored our nation's armed forces, was one of nine that followed the president's inauguration here Jan. 20.

"He had some nice words to say about the folks who served overseas. His gratitude was genuine," said 2nd Lt. Brian Turner, communication and information systems officer, 103rd Communications Flight, of the president.

"It was good to actually get a thanks directly from the commander in chief and be a part of his big day."

The Department of Defense distributed to its members approximately 2,000 free tickets to the ball.

To be eligible for one, a servicemember must have recently returned from, or had orders to, deploy overseas for the war on terrorism.

Turner and his wife, Staff Sgt. Shannon L. Turner, financial manager, 103rd Fighter Wing, shared the trip to our nation's capital, as did Tech. Sgt. Heather Kirkham, accounting technician, 103rd Fighter Wing, and her father, Geoffrey. The three Flying Yankees performed tours supporting Operations Iraqi Freedom, Enduring Freedom and Noble Eagle.

Though the Turners arrived on inauguration day, intense security and heavy traffic kept them from doing much besides readying themselves for the evening ball.

They ironed and lint-rolled their uniforms while watching on television in their hotel room the inauguration.

"...It was still cool because we were right there and we got to see all the people and all the places were cordoned off," Shannon said.

When asked what was the best part of being there, she said, "the general feeling of 'Oh my God, I'm here at the inauguration of my commander in chief.' How cool is that? Who gets to do that?"

Originally scheduled to attend the inaugural parade, the Kirkhams had a last minute change of plans which led to viewing the inauguration on television, too.

"Everything went wrong on our way down there," Heather said of her trip from Connecticut to Washington, including a stopped and then delayed train, lengthy wait for and ride in a cab, and emergency detours.

When they finally made it to their hotel and Heather changed into her uniform, well after the start of the parade, they found tickets to the ball waiting for them at the front desk. Luckily, "I told my dad to bring a suit just in case," Heather said.

Once at the ball, uniformed military members and civilians dressed to the nines made small talk and dined from a buffet.

"The way I explain it to people is Texas barbecue, but fancy," Bryon said, adding that the food was excellent.

"Because I went overseas and I fought in a war, it was nice to be in a room with everybody else who was my comrade," Shannon said. "I get my sense of pride by serving my country."

Tommy Lasorda, former Los Angeles Dodgers' manager, was the master of ceremonies, Patti LaBelle sang the national anthem and Miss U.S.A. 2004 Shandi Finnessey greeted the servicemembers. Additional musical guests, including country singer Mark Wills, provided more entertainment.

Secretary of Defense Donald H. Rumsfeld, Vice President Richard B. Cheney and chairman of the Joint Chiefs of Staff Gen. Richard B. Myers all offered thanks and gratitude to the men and women in uniform.

Bryon said at one point the president recognized a servicemember he had visited previously in a military hospital. He interrupted the speech he was giving and asked the man how he was doing and wished him well.

Shannon said the president and first lady

invited an Army couple to join them on stage for a dance.

"Just when you thought the Army couple was going to dance and George and Laura were going to dance, they switched (partners)," Shannon said.

Heather said the former president and his wife walked around and talked with guests, signed autographs and took photos.

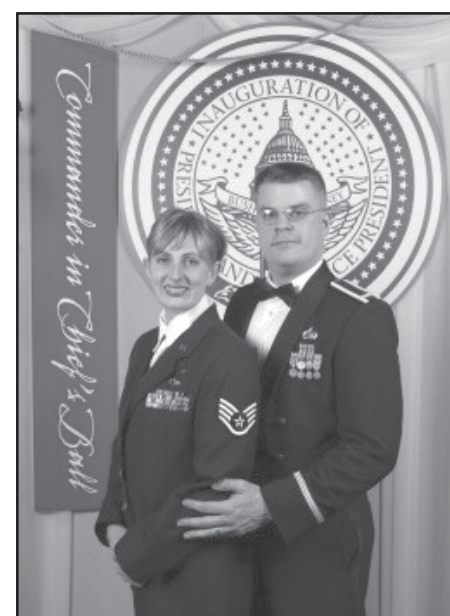
The Turners and Kirkhams did not see each other all evening until they were in line to leave the ball, in which they received parting gifts: little Coke bottles with the presidential seal, a small blue Maglite with the presidential seal and date, and a commander in chief coin.

"It was obvious they put some thought into the military and what we like," Shannon said.

"The (ball) ticket itself is kind of like a collector's item," Bryon added. "We are going to frame ours."

Heather is third-generation Air Force and said that though her decision to bring her father to the event surprised some, there was not another person she could think to ask.

"It was something I wanted to do with my dad. I'm glad we could do it together...Nobody would have appreciated it more than my dad," she said.



Staff Sgt. Shannon L. Turner, financial manager, 103rd Fighter Wing, and 2nd Lt. Bryon Turner, communication and information systems officer, 103rd Communication Flight, enjoy the president's inaugural celebration at the Commander in Chief's Ball in Washington D.C. Jan. 20. (Photo courtesy of 2nd Lt. Bryon Turner)



Former first lady Barbara Bush greets Tech. Sgt. Heather Kirkham, accounting manager, 103rd Fighter Wing, and her father, Geoffrey, at the Commander in Chief's Ball following the president's inauguration Jan. 20. Because of Kirkham's service overseas fighting the war on terrorism, she was invited to the ball which honored members of the nation's armed services. (Photo courtesy of Tech. Sgt. Heather Kirkham)

Military Matters



GERRY J. GILMORE
AMERICAN FORCES PRESS SERVICE

WASHINGTON, March 29, 2005 - Federal law prohibits mortgage lenders from immediately foreclosing on homes owned by servicemembers deployed overseas on military duty, a senior legal officer noted here.

All servicemembers, including those deployed, are protected under the Servicemembers Civil Relief Act, signed by President Bush on Dec. 19, 2003, said Army Col. Christopher Garcia, director of legal policy at the Office of the Undersecretary of Defense for Personnel and Readiness.

"The SCRA includes a provision that protects against default judgment. In any civil action, such as a lawsuit or a foreclosure, in which the defendant does not make an appearance, the court must require the plaintiff bringing the suit to file an affidavit saying whether or not the other party in the lawsuit is a servicemember,"

Federal law assists troops' dealings with creditors

Garcia explained.

And, if the party being sued for foreclosure or some other debt action is a servicemember, Garcia continued, "then the SCRA requires the judge to do certain things to protect the servicemember's rights" under the law.

For example, he said, the courts "are required to stay the court proceedings for a minimum of 90 days until the servicemember can be present to assert a defense." Most often, such court cases are delayed until the servicemember has completed his or her overseas deployment, Garcia pointed out.

Garcia said he had no specific information regarding recent news reports saying some deployed servicemembers have had their homes foreclosed on or had other assets seized in contradiction to the law.

Business-community compliance with the SCRA "generally has been very good," Garcia noted. Yet, he acknowledged, there've been "isolated cases of noncompliance." This usually occurs, Garcia said, "when a lender, or landlord, or other person dealing with a

servicemember is unaware of the law."

After lenders and other creditors become aware of the law, they usually comply with it, Garcia said.

All active, Reserve and Guard troops on active duty, Garcia said, can contact their local military legal assistance officers to assist them in enforcing SCRA-specified rights.

Servicemembers and their family members can personally visit legal assistance offices. A legal assistance attorney can "draft a letter or make a phone call," he pointed out. If the creditor refuses to comply with the SCRA, either the servicemember can sue privately, or the Department of Justice can bring an enforcement action in federal court.

The SCRA is an update to the Soldiers and Sailors Civil Relief Act of 1940, which was established to provide protections to deployed troops who have difficulty meeting their personal financial and legal obligations due to their military service.

Health care benefits extended

From Page 1

Benefit Plan for federal government employees. Premiums will be adjusted annually.

Reserve component personnel and their family members now are also eligible for benefits 90 days prior to activation, and for up to six months after demobilization, Hall said.

"For every 90 days of active duty service, Guard and Reserve personnel are eligible for one year of Tricare coverage for a modest fee," Hall told reporters. "That means, for example, that personnel who have served two years of active duty are eligible for eight years of healthcare coverage."

Winkenwerder praised the members of the National Guard and Reserve.

"They have shouldered a tremendous share of the global war on terror in which we are deeply engaged," he said, "and they have performed exceptionally well."

"They mobilized and deployed side by side with active duty forces, many serving in Iraq and Afghanistan," Winkenwerder continued. "They served with pride and loyalty. And while we have, in the past, offered full healthcare benefits for these servicemembers, and for their families, this change will shortly offer a more comprehensive benefit for transition back to private life, and, importantly, the opportunity for those who have served in contingency operations, the option for obtaining Tricare coverage on a longer term at very attractive rates."

Education Essentials: Federal Tuition Assistance, ESC explained

ARNG Federal Tuition Assistance (FTA)

The ARNG Federal Tuition Assistance (FTA) Program provides financial assistance to part-time ARNG soldiers in support of their professional and personal self-development goals.

Eligibility: Must have a valid expense from an accredited school. Be a traditional (part-time) ARNG soldier in an active drilling status. Eligible beginning the day member joins ARNG, even prior to boot camp or AIT or while yet in High School. Officers must serve 4 years after course completion. Enlisted must simply remain in the ARNG during term of courses. Members receiving an ROTC scholarship are not eligible.

Benefit: (effective 1 Oct 2004) 100% of tuition and authorized fees with tuition caps of: \$250 per semester hour, and \$167 per quarter hour. An authorized fee is a fee charged to all students for enrollment purposes or is directly related to the instruction of the course.

Credentials at the associate, bachelor, or master degree level and a vocational/technical certification and licensing \$4,500 max per soldier, per FY, including fees. High School or equivalency level may be funded at 100% of tuition and fees, but are still limited to the \$4,500 annual cap.

May be used with the MGIB-Selected Reserve (SR) or MGIB-Active Duty (AD) for the same course based on the following; MGIB-SR participants must be enrolled at

least ½ time or more to combine benefits. MGIB-AD participants who are drawing GI Bill-Kicker benefits are NOT eligible for ARNG FTA. ARNG recommends that schools apply FTA prior to Pell Grants, to allow for maximizing benefit for student financial needs.

Note: ARNG FTA operates on a limited budget and is NOT a guaranteed benefit. It is offered on a 'first come, first served' basis. How to Apply: Apply to an 'accredited' school/program. School must be accredited by a regional or national accrediting association recognized by the U.S. Department of Education. Apply online within the virtual armory website

(www.virtualarmory.com) under the Education tab's "online applications".

For more help contact your Connecticut Army National Guard Education Services Office at (860) 524-4820/4816.

Army National Guard Education Support Center (ESC)

If you are currently an Army National Guard (ARNG) soldier or the spouse of an ARNG soldier, they can help you achieve your personal academic goals. Whether you desire vocational training and/or certification, an Associate or Bachelors degree using the college credit you have earned in your military career, or a graduate degree using distance education alternatives to classrooms, they are

here to support you.

The Army National Guard (ARNG) Education Support Center (ESC) will provide you with a degree completion roadmap that will apply your personal and professional experience towards college-level credit.

The Army National Guard Education Support Center is located at the National Guard Professional Education Center, Lexington Hall, North Little Rock, Arkansas. More information on the ESC can be found at the Virtual Armory web site: www.virtualarmory.com

Apply For Military Credit Evaluation & Degree Plans

The ESC provides automated degree planning, military credit evaluations and college credit assessments to Army National Guard soldiers, their spouses, and Army National Guard civilian employees at no cost to the individual. The ESC also serves as a virtual counseling center and information clearinghouse for Army National Guard education. Service members can take advantage of every opportunity to complete their degree by maximizing non-traditional academic options and supplementing them with traditional classes or courses. If you are a member of the Army National Guard, I strongly encourage you to fill out the educational evaluation application to help you with your educational goals.

HANDYPERSON HOTLINE

CALL
(860) 209-0770
TODAY
TO VOLUNTEER
YOUR SKILLS





COMMAND SGT. MAJ.
RAYMOND P. ZASTAURY

Enlisted Update

Welcome Home Soldiers of Co C 1/102nd Infantry!

I ask everyone to please remember Sgt. Felix DelGreco and Spc. Robert

Hoyt, for they gave the ultimate sacrifice. Keep their families in your thoughts and prayers.

The NCOPS board for E-7 and E-8 was recently completed. Every enlisted Soldier deserves to be counseled and rated by their superiors. I recently had a Soldier ask me, "CSM, how can I know what my career progression is in the Guard if my rater does not rate me?"

I advised that Soldier and encourage every Soldier to demand their rater perform their initial and performance counseling to ensure you are rated on your performance.

The J-1 will convene the E-4 NCOPS boards as the first board next year. This is an attempt to ensure that E-5s evaluate their Soldiers properly. Failure to counsel and evaluate their subordinates will be annotated on the NCOERS of those raters that refuse to care for their subordinates. This process will flow up to the E-9 level. It is all about mentoring and taking care of your Soldiers.

I attended the National Guard Association of Connecticut yearly meeting at Camp Rell on Saturday, March 19 and I was disappointed that there were only about 30 members in attendance. I encourage every Enlisted Soldier and Airmen to become members of our National Guard Association of Connecticut and the Enlisted Association of the National Guard of the United States. Connecticut National Guard members need to support these organizations to ensure we have a strong voice to represent our Soldiers and Airmen on legislative issues in Connecticut and in Washington.

I also had the pleasure of attending the AVCRAD retirees' dinner at the Groton Inn. It was an outstanding event that recognized many of the 45 Soldiers that retired the past two years. There were approximately 200 Soldiers with their families that attended. There were many faces there from the past. I was especially impressed to see how many of the older retirees attended to recognize the most recent retirees. There was a great time had by all.

As we enter into the Annual Training season I ask all leaders to keep safety as a top priority. Do not allow our Soldiers and Airmen to needlessly injure themselves during training. Stay Safe! In the near future every Armory will have a "Fasten Seat Belt" sign and a clearing barrel for Soldiers to properly train to clear their weapons. I

initiated this effort with the DOL to help prevent accidental discharges of weapons. I continue to travel around the State of Connecticut visiting Armories and training areas and I still notice Soldiers not wearing their seat belts. Seat belts save lives!

The Connecticut National Guard's strength continues to be the top priority. Recently the policy to allow the enlistment of Non Prior Service applicants was raised from 36 years to 40 years. This is an effort by Washington to increase recruiting.

Every Soldier and Airman needs to influence someone they know or someone you meet to join our Guard. Unit leadership must encourage their Soldiers and Airmen solicit leads for the Recruiters to increase our strength. Then the recruiters need to ensure they back brief the unit on the status of the lead every step of the way. Hopefully from the time they first contact the lead until the time that they enlist.

Our Soldiers and Airmen are our greatest asset for this endeavor. The Connecticut National Guard will not remain a relevant organization if we do not make every effort to increase our strength. Failure is not an option. We need to recruit new members and continue to train and retain our current members. This can only be accomplished by all leaders keeping a positive mental attitude and taking care of all your Soldiers and Airmen. Our Soldiers and Airmen deserve nothing less but the best training to prepare them to fight the Global War on Terrorism.

As we enter the spring season please keep those Soldiers from the 143rd ASG, 208th Personnel Service Detachment, 141st Medical Company and B and D 189th Aviation and all their families in your thoughts and prayers. Mrs. Kimberly Hoffman and the Family Support Program continue to take care of our deployed Soldiers families. Thank you one and all for the job you do every day.

As Maj. Gen. William A. Cugno prepares to retire on May 1, I would personally like to thank him for his many years of service to our State and Country. During his tenure as the Adjutant General for the State of Connecticut, much of Maj. Gen. Cugno's vision became reality with our new force structure and facilities. Under his leadership the Connecticut National Guard has moved into the 21st century better prepared for the future. His legacy will remain because how much he cared for the well being of all the Soldiers and Airmen of the Connecticut National Guard and their families. It was an honor and a privilege to serve with you for more than twenty years and I Salute you Sir!

Guard Voices

A Letter to the Connecticut National Guard Senior NCOs

Here we go again!

On Saturday, March 19, 2004, the National Guard Association of Connecticut (NGACT) held its annual conference. It was more poorly attended than last year. Not more than 45 people were in the audience. There was but one active Command Sergeant Major in the audience. There were no Sergeants Major, no First Sergeants, no Master Sergeants and one Sergeant First Class. There were more retired senior Noncommissioned officers present than active NCOs.

I was totally embarrassed at the very poor showing as we had some important guests at the conference. They included two State of Connecticut Representatives and Congressman Rob Simmons. Each of them noticed and made remarks concerning the poor attendance. They made time to attend. Why couldn't our Noncommissioned Officer Corps?

As I said last year in an article in the *Connecticut Guardian*, senior NCOs are responsible for the welfare of your Soldiers and Airmen. You did not show that responsibility. I, for the life of me, cannot understand why you do not support your association that is representing you, your Soldiers and Airmen.

We have Soldiers and Airmen deployed today with probably more to come. Our state association is working hard with our legislators trying to obtain the benefits our Soldiers and Airmen deserve and have earned. Our national association, The Enlisted Association of the National Guard of the United States (EANGUS) is working hard at the congressional level to obtain benefits.

Connecticut probably has approximately 4000 Soldiers and Airmen in our ranks and yet membership in our state and national

associations are not even close to 10 percent of the force. My fellow Noncommissioned Officers, this has to change!

Our Soldiers and Airmen could very easily lose out on benefits because of our apathy in supporting the associations. This is definitely a case of not taking care of Soldiers and Airmen! This is definitely a leadership problem!

I heard excuses that some units were on drill status on the date of the conference and senior NCOs could not attend because they had to supervise their units. What a crock!!!! What happened to the NCO Support channel? Why couldn't Command Sergeants Major, Sergeants Major, First Sergeants and Master Sergeants attend? Why couldn't they delegate responsibilities? Why couldn't they give at least an hour to look out for the interests of their Soldiers and Airmen?

When the time comes, and it could happen soon, you and your Soldiers could lose benefits. Don't let me hear you crying about it then. Don't let me hear you say that "they" were not taking care of you. This is your responsibility. This is one of your missions. This is taking care of Soldiers and Airmen.

Again I highly urge and plead for all seniors NCOs to join now! I highly urge senior NCOs to get their Soldiers and Airmen to join now!

REMEMBER – Our future, and in some cases, our past benefits are in jeopardy. You and only you can change that by getting involved and supporting both the NGACT and EANGUS... DO IT NOW!

ANTHONY V. SAVINO
COMMAND SERGEANT MAJOR (RETIRED)

Send Letters to the Editor to:
Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795
or by email to: ctguardian@ct.ngb.army.mil
All letters must be signed and include a phone number for verification.
Letters may be edited for grammar, spelling and space, but not for content.

Visit the
**Connecticut
Guardian**

on-line at
www.ct.ngb.army.mil

Homefront

In defense of Connecticut's children: Home

1ST LT. CHRISTOPHER D. MORGAN
DRUG DEMAND REDUCTION ADMINISTRATOR

The Hebrew word for salvation when translated into English means home.

I never saw, understood or had any compelling reason to ponder this interesting juxtaposition of words, translations and or meanings until circumstances forced me to try and understand the swirl of emotions I felt when I exited the plane that flew *me* "home."

For Soldiers returning from overseas after a year of combat operations, the notion of their home being equal to salvation may on surface seem a bit dramatic.

What was once obscured, buried, innate and taken for granted comes bubbling to the surface.

The depth of what "home" really means can be overwhelming.

The Hebrew translation of the word salvation makes perfect sense to me these days.

The Counterdrug program is very grateful and very proud to welcome home all returning Soldiers from Operation Iraqi Freedom/Enduring Freedom but especially our Counterdrug personnel Staff Sgt. Jason Houle and Cpl. Juan Reyes.

Both served a year in Iraq with the 118th Ground Ambulance Co. We are delighted that they made it back safely and that they are eager to get back in the stateside fight against the illegal use of drugs.

Like the great generations of warriors that fought in foreign lands before us and

subsequently returned to live lives of contribution back home, Houle and Reyes have returned and set out to make a difference.

Houle will be working with the U.S. Attorney's Office in New Haven while Reyes will be working with Bridgeport Weed & Seed in Bridgeport.

Both will pick up where they left off helping Connecticut's youth with drug prevention programs and events.

If you have any questions about Drug Free events or Educational & Leadership Programs please call @860-493-2724 and ask for 1st Lt. Christopher Morgan.

Recently Retired?

Consider coming back to the Connecticut National Guard.

Call your former unit for more information.

WELCOME HOME!

CHARLIE COMPANY 102ND INFANTRY

"STAND FORTH"

Announcing

The 2nd Annual William A. Cugno Combat Rifle & Pistol Championships "The TAG Match"

Open to **ALL** members of the
Connecticut Army & Air National Guard
(Limited to the first 100 registrants per event)

Two events: M16 A2 Rifle and M9 Pistol
(Using .22 caliber conversion kits at 50 feet)

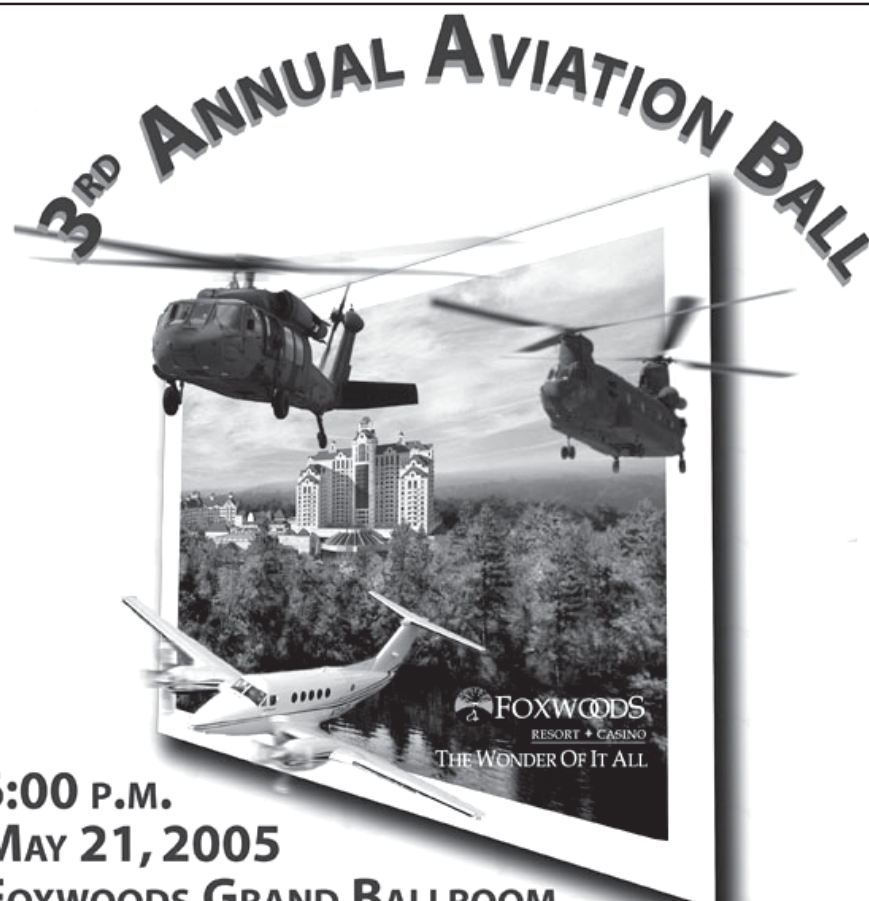
Location: US Submarine Base, Groton, CT

Dates: Saturday 7 MAY 2005 and Sunday 8 MAY 2005
(Pistol and Rifle)

You will be assigned your relay consisting of a one-hour slot. Weapons and ammunition will be provided. Relays begin at 0900 through 1500 each day. Trophies awarded for high team and individual scores, in both disciplines.

Register: By **phone** or **e-mail** indicating which event you wish to compete in and include your **name, rank, unit and phone number**. Also, state what time you prefer to compete.

Contact: By phone, MAJ Michael Dewey (860) 524-4833 or MAJ William DiCristofaro (203) 565-9363 or by e-mail, william.dicristofaro@us.army.mil



6:00 P.M.
MAY 21, 2005
FOXWOODS GRAND BALLROOM

SPECIAL ROOM RATES AVAILABLE

DRESS BLUES,
CLASS A's (WITH WHITE SHIRT AND BOW TIE),
APPROPRIATE CIVILIAN ATTIRE

FOR MORE INFORMATION
CONTACT MAJ TIM SEERY
(860)741-5487

E-1 THRU E-5	\$35
E-6 THRU E-9	\$40
WO1, CW2, 2LT	\$45
CW3 THRU CW5	\$50
O-2 THRU O-8	\$50
CIVILIANS	\$45

Get involved with the NCOAGA Group seeks new members

STAFF SGT. CAROLYN A. ASELTON
103RD FIGHTER WING PUBLIC AFFAIRS NCOIC

BRADLEY AIR NATIONAL GUARD BASE, East Granby – If you are looking to further your professional military education, become a mentor, or be more involved in the community, there is an association here that lets you do just that.

The Noncommissioned Officer's Academy Graduate Association, Chapter 28 (Flying Yankees), participates in many different events and activities both on and off base and is looking for new members to add to its existing 41.

"We're an extension of the commander's right arm to promote professionalism, PME; we offer assistance for programs that he sees we should be heading up as a chapter," said Chief Master Sgt. Raymond W. Welton, Quality Assurance Superintendent, 103rd Maintenance Squadron. Welton, who has been a member of the association for ten years, serves as the local chapter president, as well as Region Five director, which covers the Northeast corridor.

Welton said that as an NCO, a member has a responsibility to continue his education, and the NCOAGA is one way to do that.

Different chapter activities, he said, include tutoring and mentoring Airmen who are furthering their military education, as well as community involvement. In the past, chapter members have participated in flag presentations, parades, the Jerry Lewis telethon and the American Heart Foundation's Hearts in Bloom program, as well as visited veteran's hospitals and hosting the wing children's Christmas party, Welton said.

"It's a great thing for the organization, a great morale booster," said Master Sgt. Alicia McGrath, safety craftsman, 103rd Fighter Wing, of the event, who, as a member of the association, lent a hand at the Christmas party.

To become a NCOAGA member, an Airman must be a graduate of the in-residence or correspondence course of the Senior NCO Academy, NCO Academy or Airmen Leadership School.

There is no cost to join the local chapter, although you must first join the national chapter. Membership fee information can be found on that Web site.

For more information, call Welton at (860) 292-2420, or visit www.ncoaga.com or www.region-5.ncoaga.com.

Warning Order

The 56th Annual Armed Forces Day Luncheon

Friday, 20 May 2005
Aqua Turf Country Club
Southington, CT

11:00 Social – 12:00 Lunch
Cost \$25.00

Watch for the flyers coming soon

OFFICERS CLUB OF CONNECTICUT Hartford, CT (860) 249 - 3634

APRIL 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spring Italian Night w/ Bruno Cerati and Delicious Italian Menu April 22. Join us for a Great nite. 249 - 3634				1 April Fool's Day Surprise Party 11:45 Tanya Court Business Council Fairfield Lunch	2 NG DRILL 1ST CO GOV FT GD OFFICERS DINNER/DANCE	
3 Daylight Savings Time Begins NG DRILL	4 OEM	5 OEM	6 OEM	7	8	9
10	11	12 12 N Ladies O'Club 6- 12 PM Basketball	13 AFL - CIO	14 5 - 7 PM Conn Hosp Association	15	16 6 PM OCS Dining out Regimental Dinner
17 1 PM Peter Pan at the Bushnell Dinner following show @ 3:30 PM	18	19	20 5 - 7 PM CWA Cash Bar upstairs	21 5 - 7 Black & Puerto Rican Caucas 12 MOAA lunch 530 PM Bd Of Governors Mtg	22 Italian Spring Fling Club Dinner Dance Bruno Cerati at the piano - Orchestra Chef Saul's Italian Dishes Reserve now 249 - 3634	23 Passover begins at Sundown
24 Passover	25	26	27 Secretaries Day 5 - 7 PM CBA Recept	28	29 Orthodox Holy Friday	30 Hartford Bowling Club Banquet (Lucy Fournier)
O'Club open for Lunch Daily 1130 - 2 PM Bar & Lounge open at Lunch & 4 PM -closing. Don't Forget Peter Pan at the Bushnell April 17, 1 PM						

OFFICERS CLUB OF CONNECTICUT

PRESENTS ITALIAN SPRING FLING DINNER - DANCE

Friday April 22, 2005

Cocktails 6:30 Dinner 7:00

MENU

Antipasto

Sliced Tomatoes w/Fresh Mozzarella Cheese

Veal Calabrese

Chicken Saltimboca

Filet of Scrod, Scampi Style

Penne Putanesca / Spaghetti Squash w/ Julienne Carrots

Italian Pane - Three Cheese Garlic/Focaccia,

Dessert: Tira misu

Coffee & Tea

\$23.95 (plus Tax & Tip)

Dancing to the Music of Bruno Cerati

with his piano and electronic orchestra for singing and dancing
to beautiful Italian music as played at

Sorrento Ristorante every Friday and Saturday

Reservations please! (860) 249 - 3634

Guarding Your Rights

Legal Affairs: *Schiavo case brings Living Wills to family discussions for decisions*

CAPT. TIMOTHY TOMCHO
JAG OFFICE

The national media has extensively covered Terri Schiavo's case. Much of the legal debate focused on her "condition." Medical experts diagnosed her condition as one of a persistent vegetative state with no hope of recovery.

Other experts countered that her condition is one of minimal consciousness, one from which she could recover with continued treatment.

Whether her condition lends itself to definition is one for the experts. What is known is that she suffered brain damage in 1990, leaving her in some form of a vegetative state, incapable of taking care of herself.

Many of us would prefer not to be the center of such controversy. Legal documents may be executed to address this unfortunate potential aspect of life: a living will and/or an appointment of a healthcare agent (power of attorney for healthcare).

During mobilizations, military attorneys are on duty to offer these documents to every deploying Soldier. Although many Soldiers decide not execute these documents for a variety of reasons, most Soldiers avail themselves of the opportunity.

A living will is a document that expresses one's desire to withhold life-support when terminally ill or permanently unconscious. Essentially, it is a document that expresses one's desire not to be kept for an unreasonable amount of time on a life-support system should one be determined to be in a permanent state of unconsciousness.

The living will is an effective legal document upon proper execution. However, it comes into use when medical authorities determine that the person is in an irreversible coma or is suffering from a terminal illness and is not able to make (due to unconsciousness or incompetence) healthcare him/herself.

If the person is able to make decisions, the living will is not used.

Living wills can be revoked at any time and in any manner. The most effective method of revoking the living will is by simply destroying the document.

Another method is an oral revocation, a statement to witnesses the desire to revoke the document.

A power of attorney for healthcare is a legal document whereby an individual appoints a person (agent) to make health care decisions

for a person should he or she become unable to make those decisions due to unconsciousness/incompetence. It is a document that allows patients to specify in advance who should make healthcare decisions for them. The individual named (must be 18 years of age) is the agent or attorney-in-fact for the person.

This document is used anytime a person loses the ability to make his or her own healthcare decisions. Unlike the living will, the patient does not need to be terminally ill or suffering from an irreversible coma. Revocation of the document is as living will revocation.

The difference between the two is that the living will expresses the desire to withhold or withdraw life-prolonging treatment whereas the power of attorney for healthcare names a specific agent who is authorized to make healthcare decisions for the person. Specific instructions may be given to the agent in the power of attorney for healthcare, but they are not required.

These documents allow individuals to make decisions and express desires regarding end-of-life (or quality-of-life) choices.



NGACT: Working for you



NGACT announces annual scholarship program

The National Guard Association of Connecticut (NGACT) proudly announces the 2005 scholarship program. Scholarships in the amount of \$500 will be awarded. In 2003, seven scholarships were awarded and in 2004 five scholarships were awarded.

The following persons are eligible to apply for a scholarship: NGACT Members; Unmarried sons and daughters of NGACT members; Spouses of NGACT members and Unmarried spouses and unmarried dependent sons and daughters of deceased NGACT members who were members in good standing at the time of their death.

Scholarships will be awarded in an amount based on available funds for the upcoming school year. Applicants must be enrolled as a full-time or part-time student at an accredited college, university, trade school or business school. Graduate students are not eligible for scholarships.

Awards will be made on the basis of scholarship, character, leadership and need.

All applications will be accompanied by the following:

- A transcript of high school credits and a transcript of college credits for applicants already in institutions of higher learning.
- A letter from the applicant with personal, specific facts as to his/her desire to continue his/her education and why financial assistance is required.
- Two (2) letters of recommendation verifying the application and giving general information & personal traits that would make the applicant a desirable recipient. These letters should ideally be from a community leader, ministers, elected officials, etc.
- One (1) letter of academic reference (should be from a principle, counselor, dean or professor).

All scholarship applications will be sent to the NGACT Executive Director, NGACT, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795. Each application will be reviewed for completeness and forwarded to the scholarship committee. Applications must include all materials.

Deadline date for all applications for scholarships will be observed in all instances. The deadline for submitting applications is 30 June 2005. Applications must be postmarked NLT 30 June 2005.

For applications contact Committee Chairperson Juanita Hunt at juanita.hunt@ctbrad.ang.af.mil or Debbi Newton at debbi.newton@ct.ngb.army.mil



RONALD E. LEE, 1ST SGT. (RET.) USAR
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

Over the past few weeks members of the Connecticut Committee for Employer Support of the Guard and Reserve (CT-ESGR) have been busy welcoming home members of the 118th Medical Battalion, conducting demobilization briefings, attending the National Guard Family Program briefing in Manchester, meeting with members of the 103rd Air National Guard, making "My Boss is a Patriot" award presentations and conducting our "regular" business of answering questions and concerns for members of the National Guard and Reserve Components and their families. It has been a very busy time!

At many of these contacts it seems that a few questions are often repeated. One topic that has been discussed at most meeting is "When does the Soldier have to contact his/her employer and/or return to work?"

The Uniformed Services Employment and Reemployment Rights Act (USERRA) addresses the subject of return to work. Depending upon the duration of your deployment, from 1 to 180 or more days, there are specific guidelines regarding when you must reapply for your civilian job.

If you have been away for less than 31

days you must return to work on your next regularly scheduled shift, however you must have at least eight hours of rest between the time you were released from duty and the time that you must report.

If you were away 31 to 180 days you must reapply and return to your job within 14 days. If you were gone for more than 180 days you have up to 90 days to reapply and return to your civilian job.

These guidelines do not mean that you must wait the stipulated amount of time before you return. It is your decision based on your need to get reacquainted with civilian life and your family, to resolve personal matters, etc. if you want to return to work sooner. You must keep in mind that your employer may have to make some adjustments at the workplace and may need some time also.

First and foremost you need to maintain a positive work relationship with your employer and attempt to resolve any issues amicably.

CT-ESGR, in its Employer Outreach efforts, attempts to gain and maintain employer support of employees who serve in the Guard and Reserve. Supportive employers usually know when you and your unit are scheduled to return and many will host "Welcome

"Did you know....?"

Back" events for their employees and families.

With this in mind, you should, at a minimum, make contact with your employer early upon your return and let them know that 1) you are back, 2) you are anticipating returning to work, and 3) the expected date of your return within the USERRA guidelines. By maintaining contact with your employer and keeping them posted on your plans you will foster a positive relationship and help gain your employer's support.

Of course, any time you run into a problem or an obstacle with your employment you should contact CT-ESGR by calling your Military Unit Liaison Representative of CT-ESGR Hq at 196 West Street, Rocky Hill, CT 06067, (860) 721-5901 or e-mail www.ctesgrlew@cox.net.

We will assist you, at no expense, in attempting to resolve any issues. In the meantime, consider nominating your boss for a Patriot Award by contacting your unit or CT-ESGR for forms or through the National ESGR website, www.esgr.com. Go to Military Members Quick Links and click on Reward your Employer. (By the way, all military members can submit their employers for a Patriot Award, not just those who have been deployed.)

Inside OCS

Train as you fight; fight as you train – Experience in OCS will prove extremely valuable in future career as Officers

OC KEITH MORAN
OCS CLASS 50

The experiences that OCS has brought me have been outstanding. From our first drill in Phase Zero to our most recent drill in Phase Two; each weekend with its own unique challenges. The lessons that I learned while meeting those challenges will stick with me throughout my military career. The hands-on experience that is cultivated in OCS is the reason why my classmates and I will be successful in our future careers as Officers.

Being in OCS requires all candidates to assume leadership roles at a variety of levels. In addition to a monthly rotation of leadership positions i.e. Platoon Leader, Platoon Sergeant, and Squad Leader, each candidate is responsible for a staff position as well as additional duties. For example, I am the class S-4 (Supply), Physical Training Officer, and class president. Each position comes with an abundance of responsibilities and opportunities. It is a fantastic way to express your own

thoughts, talents and abilities through your planning and subsequent execution. I enjoy the challenge that my various roles bring me and I am honored to hold the positions I do.

The staff position that I hold is S-4 (Supply). In this role I am responsible for the coordination and request of all materials and supplies for each drill weekend. As a former specialist in the Guard I knew that the S-4 was the Soldier that kept our unit fed, clothed and armed.

However, now that I have functioned in this staff position I understand further the pivotal importance of this role and I have a newfound respect for all supply personnel.

The planning and preparation that is required to ensure proper supply requires foresight on the S-4's part and has been an awesome challenge throughout OCS. If you have not thanked the S-4 at your unit lately then you should!

My additional duty as the Physical Training Officer is my favorite. I love PT! This role requires me to design, implement and execute a PT plan for every drill weekend. As a result,

I have come to know FM 21-20 (Physical Fitness Training) very well. Since PT is an area I enjoy, I have taken my opportunity as PT Officer one step further then just designing a PT Plan for each drill weekend. I have designed a PT plan for each day of the week. It is a great way for Class 50 to stay in shape while on the civilian side. If anyone is reading this article and is thinking about joining Class 51 please call me; I will give you a PT plan that will have you excelling in OCS!

The class position that I hold is class president. It is the most prestigious honor that I could have received from my own classmates. The primary function of this position is the coordination and execution of a formal Dining Out. However, this role also means something greater to me on a personal level. I take personal responsibility

to set the tone of what is to be expected of my classmates and myself. I strive to achieve to the best of my ability and will not settle for less from my classmates. Forty-nine class presidents have gone before me in previous years. I intend on following in their great example and lead my class to a successful completion of OCS.

It is common to hear our TAC staff say, "Train as you fight; fight as you train." This is an ideal that is fostered in OCS. Class 50 strives to live this ideal no matter what the task at hand. The methods of preparation, planning, and execution that we have learned through our various roles in OCS will prove priceless in our future careers as officers.

If you are interested in joining OCS Class 51 or if you have any questions, please contact me at (203) 687-5515.

**Do you have what it takes
to take your career to the next level?**



**1st Battalion (OCS), 169th Regiment
(LDR)**

**Officer Candidate School
Information Briefs:**

DATES

22 JAN 05
26 FEB 05
19 MAR 05
16 APR 05
21 MAY 05
25 JUN 05

*Bring a Friend, Spouse or Significant Other.
Information Brief will be in Building 402, Leadership Hall,
beginning at 1000 hours.*

For more information contact
1LT Shaun O'Dea
(860) 691-4216
shaun.odea@ct.ngb.army.mil



HELP WANTED

The 1st OCS BN, 169th Leadership Regiment is looking to fill the following vacancies for:
Phase I Annual Training at Camp Rell from 16-30 July 2005.
Phase III Annual Training at Ft. Benning from 11-25 June 2005.

AVAILABLE ADSW VACANCIES:

TAC's
INSTRUCTORS
SUPPLY SPECIALISTS
COOKS
KP PERSONNEL
DRIVERS
RTO's
ADMINISTRATIVE SPECIALISTS
MEDICS

There are several available positions in each field.
If you are interested in filling any of the above vacancies please contact:

1LT Shaun O'Dea
169th Leadership Regiment
(860) 691-4216
shaun.odea@ct.ngb.army.mil



**A CO 1ST BN (OCS)
Officer Candidate Class 50 Dining Out
Civilian Guests are Encouraged to Attend**

**The Officer's Club Hartford Armory
1900hrs April 16th, 2005
CTARNG Officer Candidate School's
Fiftieth Silver Anniversary Celebration**



Tickets are \$50 per person
For More Information Please Call:
Officer Candidate Claude Hibbert
Phone: 860-548-3293

Dress: Mess Dress, Dress Blues, or Class A's with White Shirt and Black Bow Tie (IAW AR 6701-1).
Civilians and retirees may wear appropriate uniform or semi-formal attire.

Health & Fitness



Medical Notes

COL. FRANK T. DiNUCCI
RN, COHN-S

Recently I was asked a question: What is Autism and what are the symptoms?

According to the Center for Disease Control and Prevention (CDC), Autism spectrum disorders (ASDs) are a group of developmental disabilities that are caused by unusual brain development. People with ASDs tend to have problems with social and communication skills.

Many people with ASDs also have unusual ways of learning, paying attention, or reacting to different sensations. ASDs begin during childhood and last throughout a person's life.

I would like to reprint the following article published by the CDC describing the Symptoms of ASD.

It appeared Oct. 29, 2004 and the content source was the National Center on Birth Defects and Developmental Disabilities (web site, <http://www.cdc.gov/ncbddd/autism/>):

What are the Symptoms?

As the name "autism spectrum disorder" says, ASDs cover a wide range of behaviors and abilities. People who have ASDs, like all people, differ greatly in the way they act and what they can do. No two people with ASDs will have the same symptoms.

A symptom might be mild in one person and severe in another person. Some examples of the types of problems and behaviors a child or adult with an ASD might have follow.

Social skills: People with ASDs might not interact with others the way most people do, or they might not be interested in other people at all. People with ASDs might not make eye contact and might just want to be alone. They might have trouble understanding other people's feelings or talking about their own feelings.

Children with ASDs might not like to be held or cuddled, or might cuddle only when they want to. Some people with ASDs might not seem to notice when other people try to talk to them. Others might be very interested in people, but not know how to talk, play, or relate to them.

Speech, language, and communication: About 40 percent of children with ASDs do not talk at all. Others have echolalia, which is when they repeat back something that was said to them. The repeated words might be said right away or at a later time.

For example, if you ask someone with an ASD, "Do you want some juice?" he or she will repeat "Do you want some juice?" instead of answering your question.

Or a person might repeat a television ad heard sometime in the past. People with ASDs

might not understand gestures such as waving goodbye.

They might say "I" when they mean "you", or vice versa. Their voices might sound flat and it might seem like they cannot control how loudly or softly they talk.

People with ASDs might stand too close to the people they are talking to, or might stick with one topic of conversation for too long. Some people with ASDs can speak well and know a lot of words, but have a hard time listening to what other people say.

They might talk a lot about something they really like, rather than have a back-and-forth conversation with someone.

Repeated behaviors and routines: People with ASDs might repeat actions over and over again. They might want to have routines where things stay the same so they know what to expect. They might have trouble if family routines change.

For example, if a child is used to washing his or her face before dressing for bed, he or she might become very upset if asked to change the order and dress first and then wash.

Children with ASDs develop differently from other children. Children without ASDs develop at about the same rate in areas of

development such as motor, language, cognitive, and social skills.

Children with ASDs develop at different rates in different areas of growth. They might have large delays in language, social, and cognitive skills, while their motor skills might be about the same as other children their age. They might be very good at things like putting puzzles together or solving computer problems, but not very good at some things most people think are easy, like talking or making friends.

Children with ASDs might also learn a hard skill before they learn an easy one. For example, a child might be able to read long words, but not be able to tell you what sound a "b" makes. A child might also learn a skill and then lose it. For example, a child may be able to say many words, but later stop talking altogether.

Sources: Mauk JE, Reber M, Batshaw ML. Autism and other pervasive developmental disorders (4th edition). In: ML Batshaw, editor. Children with disabilities. Baltimore: Paul H. Brookes; 1997.

Powers MD. What is autism? In: MD Powers, editor. Children with autism: a parents' guide, 2nd edition. Bethesda, MD: Woodbine House; 2000. pp. 1-44.

Fit for Life: Health officials recommend changes to fitness program

TECH. SGT. DAVID A. JABLONSKI
AIR FORCE PRINT NEWS

Air Force health officials recommended seven changes to the fitness program during the program's first annual review.

This first annual assessment consists of reviews by three panels: functional, external and leadership, said Lt. Col. Sherry Sasser, chief of health promotions for the Air Force surgeon general.

The leadership review will begin in late April. Commanders and senior enlisted leaders will be randomly selected via e-mail to take a Web-based survey.

One consistent aspect of the program, however, is that Airmen worldwide are embracing fitness as a way of life.

"We are seeing a change in the culture of the Air Force," Sasser said. "Gyms are being used morning, noon and night and are packed. Units are running together. It's wonderful to see."

In the interest of fostering the positive trend, officials said they are considering the following changes to better the program.

— Award full points on the body composition component of the test if the body mass index is within a healthy range. The Air Force is adding height and weight back into the standard to accommodate Airmen unable to obtain the minimum

abdominal circumference but are still at a normal weight for their height. National Institutes of Health officials define an index of less than 25 as a normal or healthy weight.

— Move the waist-circumference measurement to a controlled area for people rated poor or marginal and are being retested to reduce inconsistencies.

— Lengthen run times for tests conducted at higher elevations.

— Retest Airmen who are rated "marginal" at 90 days instead of 180 days.



— Promote nutrition as an important aspect of education and intervention.

— Emphasize regular physical training rather than test results.

— Reinforce commanders' accountability.

A proposed change to weighing the programs components at 60-20-10-10 instead of the current 50-30-10-10 was rejected. The weighted areas, expressed in percentages, correspond to the run, waist measurement, crunches and pushups.

Two smaller changes will be made to the assessment criteria. Values for females aged 50 to 54 were not consistent with all other age categories, so officials will adjust the criteria according to American College of Sports Medicine standards. A category was also added for people older than 60.

ANNUAL REDLEG BALL	
 	
You are cordially invited to join the members of the Connecticut Redleg Chapter of the US Field Artillery Association at their Annual Redleg Ball.	
Date:	Friday, 15 April 2005
Time:	1800-1900 Social Hour/Cash bar 1900 Dinner Presentations Social Hour/Cash bar
Place:	The Continental Manor 112 Main Street Norwalk, CT 06851
Menu:	French Cut Prime Rib, Chicken Marsala, or Baked Stuffed Filet of Sole
Dress:	Military: Class A w/ White Shirt and Bow Tie, Army Blues/Dress Mess Civilian: Semi-Formal
Cost:	\$55.00 per person
Directions and Hotel information are available by sending an email to Gerry at fegerald@aol.com.	
Additional Information: fegerald@aol.com	
Please detach and return along with check made payable to: Connecticut Redlegs 1 Lakeview Dr East Norwalk, CT 06850-2017	
Name: _____	Rank _____ Unit/Formal Unit _____
Guest: _____	
Address _____	
I/we will _____ will not _____ attend. Total Attending _____	
Entree Choice: _____ French Cut Prime Rib _____ Chicken Marsala _____ Baked Stuffed Filet of Sole	

The Green Guard

National Guard, nation to celebrate Earth Day

MELISSA TONI
NATURAL AND CULTURAL RESOURCES MANAGER

Earth Day will be celebrated on 22 April 2005 throughout the United States and throughout the Connecticut Army National Guard

Earth Day is a celebration of good environmental stewardship. Sound environmental stewardship contributes to mission accomplishment by encouraging practices that preserve and protect our land.

The Connecticut Army National Guard manages almost 3,000 acres.

Since the Army relies on these training areas to achieve mission objectives and maintain readiness standards, training lands are an extremely important resource.

Having the foresight to protect this land for future military uses is in the best interest of all Soldiers.

The Connecticut Army National Guard currently recycles cans, bottles, paper, cardboard, light bulbs, and batteries. Hazardous material/waste spills do sometimes occur during training exercises, but are contained and cleaned up immediately.

Wetlands and streams are protected on our lands and are off-limits to training personnel. Endangered species are present, but those locations are also off-limits.

Construction activities are conducted in compliance with state and federal environmental laws, and permits are acquired for projects that require them.

Some generators are run on propane instead of diesel fuel; propane burns much cleaner and has less harmful air emissions than diesel.

To celebrate Earth Day, the Environmental Division visits school classrooms in the area and talks about good stewardship, the Army's goal of protecting natural resources, and the specific ways that the Guard preserves the environment.

The Earth Day message does not stop at the Army National Guard level. Everyone is encouraged to recycle at home, to turn off lights when not in use, to and turn in oil and paint to landfills- don't pour it down your drain.

One of the best free ways to protect the environment at home is to compost. Every town in Connecticut is required to have a

compost system in place for residents.

You can drop off shrub and grass clippings and pick up compost that the debris has aged into, all for free.

Composting in your own backyard is also an option. A future column will be devoted entirely to composting and building your own self-producing system.

Did you know?

Every ton of paper that is recycled saves 17 trees.

One gallon of spilled motor oil can contaminate up to 2 million gallons of water.

The earth is 2/3 water, but only 1 percent is fresh water.

Approximately 85 percent of all animal species found in North America use wetlands and watercourses for at least part of their life-cycle.

The first Earth Day was in 1970 and was celebrated by more than 20 million people.

How will you celebrate Earth Day this year?



Visit the
**Connecticut
Guardian**
on-line at



Why Diversity?

E-Mentoring introduced to Army National Guard

SGT. 1ST CLASS SCOTT FARRELL

In April of 2005 the Army National Guard will introduce a new program.

E-mentoring will help create new relationships between many different types of people within the Guard.

his program is designed to match Soldiers across the nation with mentors and provide the opportunity to learn from the experience and knowledge of a mentor and grow professionally.

Mentors have to be at least two ranks higher than the mentee and cannot be in their chain of command.

Another interesting fact is that the Soldiers being paired together can be from two totally different states. It is possible to have a mentor in the Hawaii National Guard while you are here in Connecticut.

Off of the GKO website, or Guard Knowledge Online, mentors and mentees can create a profile describing their hobbies, their education, and even MOS.

Naturally, Soldiers with similar profiles will

be paired together and will begin to contact one another.

Most Soldiers will try to be in contact with each other at least a couple of times a month whether through an email, phone call, or instant message.

Some Soldiers may even choose to meet their mentor in person.

Mentors and mentees are also required to fill out evaluation forms to have a better understanding of how the program is working.

If the relationship between the mentor and mentee is not working, it can be terminated and a better match can be made.

This program is a great resource to the Army National Guard and will help Soldiers communicate with each other and develop new relationships.

Sign-Up Today!!!!



The Army National Guard e-Mentoring Program

Your online source to:

- Find a mentor
- Establish and cultivate a relationship with a mentor
- Learn from a mentor
- Assess leadership skills

The Mentor's Role

Successful mentors help mentees set goals, identify opportunities, and expand professional networks in an effort to advance their careers and personal growth.

"I see mentoring as a natural part of being a leader. Moreover, it is a responsibility of leadership to identify potential talent and assist them in preparing for future leadership roles."

MG (Ret) John R. D'Araujo, Jr.
Former Director, ARNG

The Mentee's Role

Mentees gain access to new opportunities, a deeper understanding of individual goals and interest, and an enhanced sense of confidence as a result of participating in the ARNG e-Mentoring Program.

"Mentors can help give you a sense of what to expect along your career path, since they have already gone through the process."

SFC Judy Wolf
Title 10 NCO, NGB-IGP

The ARNG e-Mentoring Program utilizes web-based resources to create and maintain partnerships between ARNG mentors and mentees to:

- Promote personal and professional growth
- Encourage retention of soldiers and personnel
- Facilitate communication across socio-economic, generational, educational, racial, and gender lines
- Preserve institutional knowledge
- Advance the ARNG vision and Army values

The ARNG e-Mentoring Program strives to increase access to opportunities for all ARNG members.

Get involved!

To learn more about e-Mentoring and the Leadership Assessment / 360 Degree Evaluation, visit:

<https://gko.ngb.army.mil>

Empowering Knowledge and Diversity through Mentoring

Retirees' Voice *Seeing old friends*

Sgt. 1st Class (Ret.) JOHN BEDNARZ

My wife and I have just returned from Florida where we attended the National Guard Retiree's of Florida (NGROF) annual get-together in Orlando. As usual it was a great time and it was wonderful to see so many of our old friends again. One of our evenings was spent having dinner at Shades of Green and looking over their facilities. That is really an awesome place to spend some vacation time, and at reasonable rates.

Maj. Gen. (Ret.) David Gay, our former Adjutant General, addressed the meeting on Saturday morning and spoke of the history of the Connecticut National Guard in general and how we got to our present status in the 'One Modern Army.' Thanks again to Aksel Hansen, Art Finnegan, Roger Murray, Terry Gregory, Dick Lacy and all the others, who work tirelessly to make it all happen.

As usual we stayed at military temporary housing while traveling down to Florida and return. This time we expected to leave on Monday but left a day early and stayed at Ft. Monmouth in New Jersey to get a head start on an impending storm forecast to start Monday. It worked out well for us, as we were nearly to our destination in Quantico, Virginia when the flakes started to fall. By the time we awoke Tuesday morning the storm had passed and was on its way into New England. Other places we stayed were Ft. Bragg and Pope Air Force Base in North Carolina and Aberdeen Proving Grounds in Maryland.

Aberdeen was a wake up call for me. I

thought I knew the place like the back of my hand, having been stationed there in the 50's and having gone to Calibration School there in the 70's. I got lost. We had to keep calling the friendly desk clerk to get directions, even after we were on post. All of the accommodations were great and the only disappointment was that the exchange at Quantico was having an inventory and was closed all of the time we were there. One of our passions is to make sure we check out all of the exchange facilities, even if they have more than one on a post or base. We made up for our disappointment by stopping at Quantico on the return trip for lunch and a visit at the exchange (it's easy on and off from I-95).

Some legislation to keep your eye on is Senator John Warner's S. 484 and Representative Tom Davis' H. R. 994. To amend the Internal Revenue Code of 1968 to allow Federal civilian and military retirees to pay insurance premiums on a pretax basis and to allow a deduction for TRICARE supplemental premiums.

Senator Richard Durbin introduced an amendment to S. 256 the Bankruptcy Abuse and Consumer Protection Act of 2005 that would exempt members of the military and veterans from the means test proposed in the bill.

Several additional members of Congress have asked to co-sponsor H. R. 602 the Keep Our Promises to America's Military Retirees Act bringing the total number to 116 as of March 3, 2005.

Soldiers remember fallen comrade, friend

From Page 4

There are many instances in which people have witnessed him arguing so that his men would always try to do anything he could for his Soldiers," Berwald said.

Staff Sgt. Steven Holloway, an armored vehicle launched bridge crewman, was helping defend the compound when Smith was killed. He remembered Smith as tough taskmaster, and a good NCO.

"I served as one of his squad leaders. He was very tough to work for due to his expectation of perfection. He wanted those who served with him and for him to do their job flawlessly. If a battle drill wasn't perfect, he wanted you to run it again and again until you could do it in your sleep. He expected the NCO's that worked for him to set the example as he did for us," Holloway said.

Sgt. Thomas Robbins was about 100 meters away from Smith's position during the action, and had served with him for about four years.

"He was a hard man to work for at times, but he always did what way right and made sure that everyone in his platoon did the same. He knew his job and was more than willing to teach anyone that wanted to know all he had to give. He was the best leader that any soldier could ask for to work under," Robbins said.

"Our platoon was sometimes the last to go home," Borkowski said. "When we were getting ready for inspections, if there was one thing wrong, sergeant Smith made everyone stay and get it right."

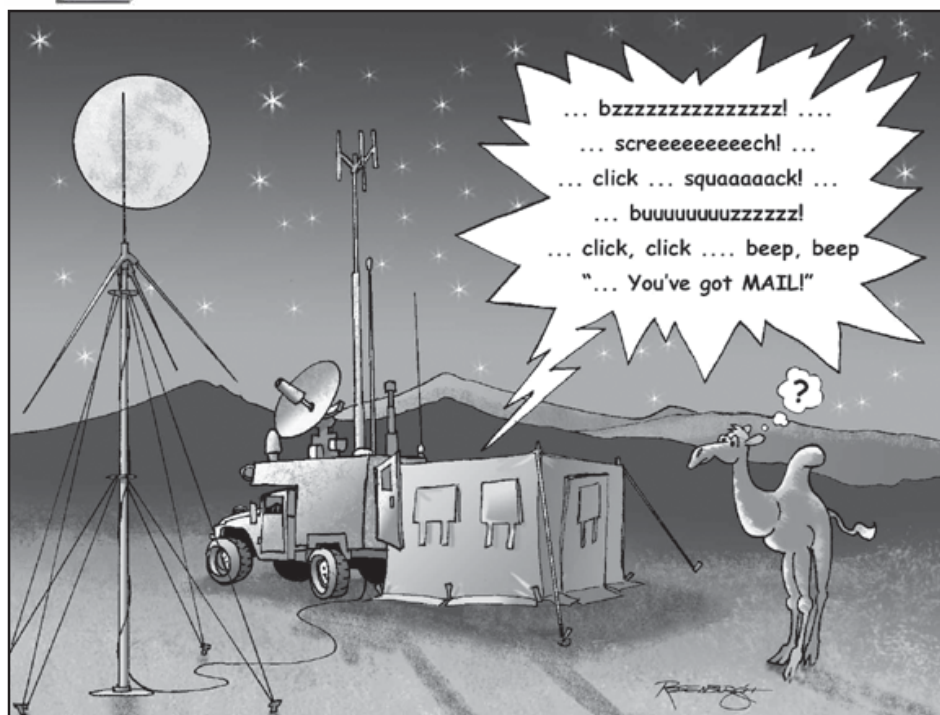
Lt. Col. Smith said he was assessing the airports runway when he received word that Sgt. 1st Class Smith had been killed. Later in the day, he visited the platoon.

It's a humbling feeling when you have 20 or 30 Soldiers there and they all want to tell you they did everything they could. There was no context of heroism - these were just Soldiers who were in this fight," he said.



2nd Louie

By Bob Rosenburgh



Connecticut National Guard Fulltime Employment Opportunities

The following are Connecticut Army and Air National Guard Technician openings. For a copy of the full Technician vacancy announcements, go to www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard Technician Vacancies			
Position Title	Unit	Pay Grade	Closing Date
Aircraft Propellar Mech	AVCRAD	WG-11	April 5, 2005
Heavy Mobile Equip Repairer	FMS #11	WG-09	April 8, 2005
Aircraft Inspector	AVCRAD	WG-12	April 15, 2005
Aircraft Mechanic Supervisor	AVCRAD	WS-10	April 24, 2005
Aircraft Inspector	AVCRAD	WG-12	April 24, 2005

Air National Guard Technician Vacancies			
Position Title	Unit	Pay Grade	Closing Date
Aircraft Ordnance Systems Mech	103rd FW	WG-10	March 28, 2005
Training Technician	103rd ACS	GS-07	April 6, 2005
Materials Handler Supervisor	103rd FW	WS-06	April 11, 2005

Listed below are current openings in the Connecticut National Guard AGR program. For a copy of the Military Tour Vacancy Announcement, go the www.ct.ngb.army.mil and click on employment opportunities.

Army National Guard AGR Vacancies			
Position Title	Unit	Rank	Area of Consideration
Readiness NCO	246th Engr. Det.	E4 to E6	Open AGR Nationwide
Readiness NCO	256th Engr. Det	E4 to E6	Open AGR Nationwide
Training NCO	928th MP Det. (Kennel)	E4 to E6	Open AGR Nationwide
Unit Supply Sergeant	223 MPL&O Det	E3 to E5	Open AGR Nationwide
PSB Chief	JFHQ-CT	W4 and Below	Open AGR Nationwide
Training NCO	1048th Trans Co.	E4 to E6	Open AGR Nationwide
Dog Handler (Narc)	119th Mil Dog Det	E5	Open AGR Nationwide
Dog Handler (Narc) - 2 positions	119th Mil Dog Det	E4	Open AGR Nationwide
Unit Supply Sergeant	HQ 143rd ASG (Rear)	E4 to E6	Open AGR Nationwide
Food Services NCO	JFHQ-CT	E5 to E7	Open AGR Nationwide
Marketing NCO	Rec & Ret Cmd	E4 to E7	Open AGR Nationwide
Personnel Services Sgt	JFHQ-CT	E5	Open AGR Nationwide

Air National Guard AGR Vacancies			
Position Title	Unit	Rank	Area of Consideration
Trainign Technician	103rd ACS	E7 and below	Open AGR Nationwide
Materials Handler Supervisor	103rd FW	E7	Open AGR Nationwide

NOTE: Other positions with outdated closing dates are also listed on the website. Some of these positions are currently under consideration, and others may have their application dates extended. Keep checking the website and if you have any questions concerning outdated postings, call HRO at (860) 878-6739 or (860) 878-6729.

Temporary Technician Employment Opportunities

The Human Resource Office has Temporary Technician employment opportunities available throughout the State. We have a need for a variety of military specialties including Family Support Specialists, Administrative Support Personnel, Aircraft Mechanics, Finance Specialists, Heavy Equipment Mechanics and Operators, etc.

If you are a member of the Connecticut National Guard and are interested in one of these employment opportunities, please call the HRO Staffing Specialist at (860) 878-6739 or just submit an OF-612 and OF-306 directly to the HRO.

If sending your application directly please ensure you sign and date both forms, document all your civilian and military experience, list your daytime phone number and identify the type of Temporary Technician position you would be interested in filling.

Coming Events

April
April 15
Redleg Ball
April 16
OCS Class 50 Dining Out
April 17
BNCOC Graduation
Camp Rell
April 28
Take our Children to Work Day

May
May 8
Mother's Day
May 20
Armed Forces Day Luncheon
May 21
Armed Forces Day
May 21
Aviation Ball
May 30
Memorial Day

June
June 14
Flag Day
June 19
Father's Day

In future issues

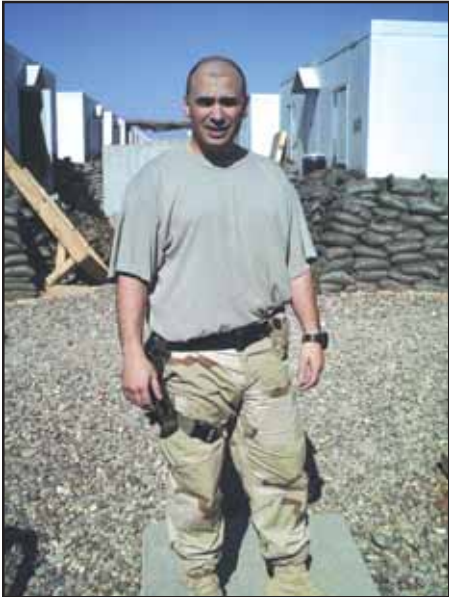
Cugno, Zembruski retire
TOPOFF
NCOES Graduation

The *Connecticut Guardian* will be taking a look back at the Guard's involvement in the Floods of 55 in August, the 50th anniversary of Mother Nature's devastation. If you were in the Guard and involved in the clean-up, we'd like to hear from you. If you are in the Guard now, and have memories of the devastaion, we'd like to hear from you. We're also looking for any old photos you may have.

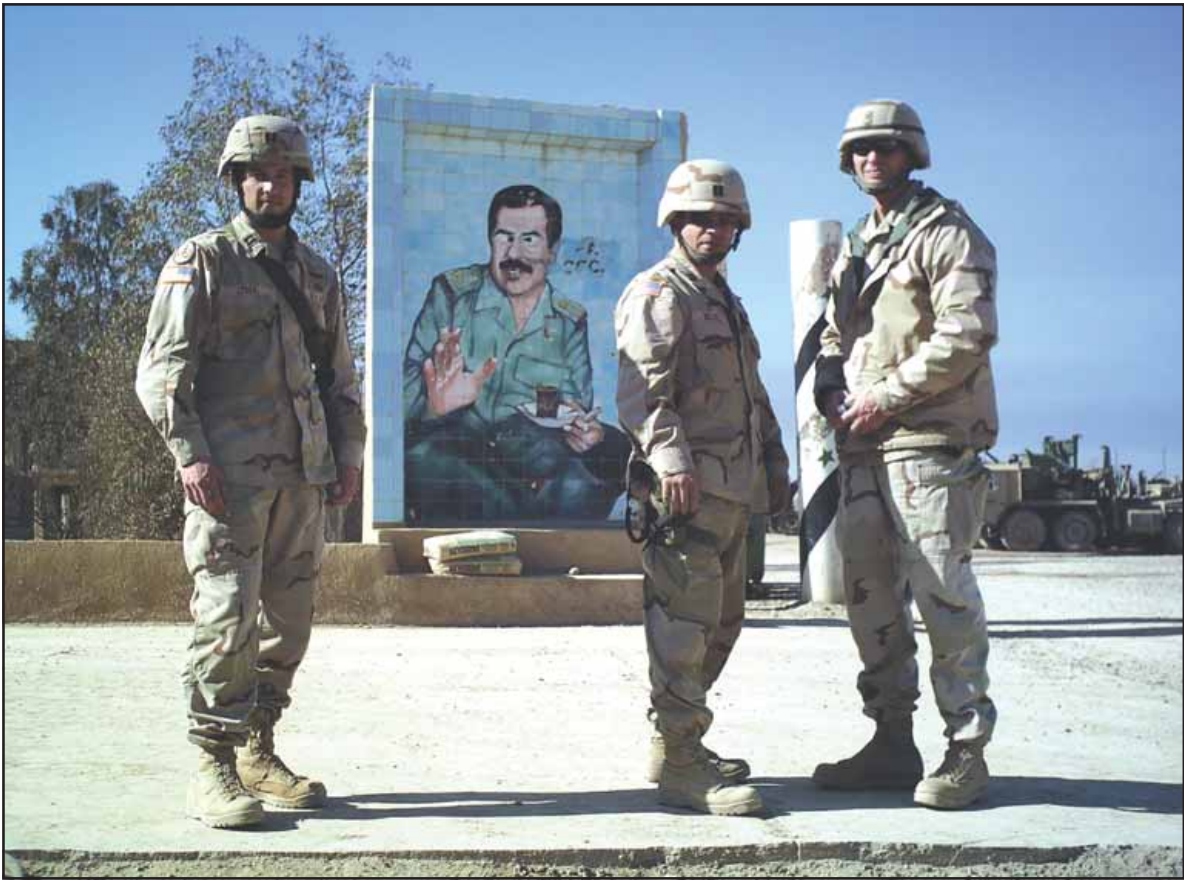
Please contact Sgt. 1st Class Debbi Newton at (860) 548-3251 or via email: debbi.newton@ct.ngb.army.mil

Deadline for submissions is the 15th of the month previous to publication.

Postcards Home



Capt. Vincent "Enzo" Bellizzi, 143rd ASG



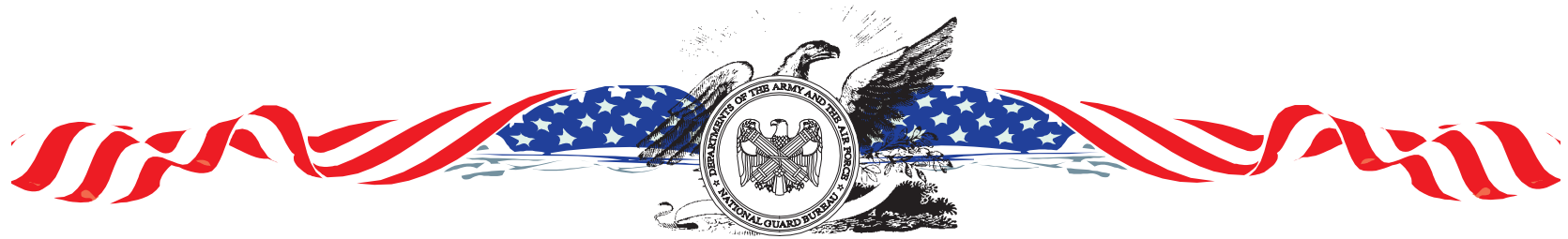
Members of the 143rd Area Support Group pose for a photo in the courtyard of a building near their headquarters. (Photo courtesy Capt. Vincent "Enzo" Bellizzi, 143rd ASG)



Members of the 141st MEDCO (GA) pose for a photo with other Soldiers from FOB Speicher. Soldiers from Connecticut are: 1st Sgt. John Stonaha, Sgt, 1st Class John Buldoc, Sgt. Gerard Bessenaire and Sgt. Phillip Gorman (Photo courtesy Sgt. Gerard Bessenaire, 141st Med. Co.)

PRRST STD
US POSTAGE
PAID
Hartford, CT
Permit No. 603





Family Deployment Supplement to the Connecticut Guardian

VOL. 6 NO. 4

HARTFORD, CT

APRIL 2005

'Faces of Fallen' exhibit opens at Arlington

JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

ARLINGTON NATIONAL CEMETERY, Virginia, March 23, 2005 - The faces remind us of what we have lost.

"Faces of the Fallen," an exhibition that opened March 22 at the Women in Military Service to America Memorial here, features more than 1,300 portraits of servicemen and women who have died in the wars in Afghanistan and Iraq.

"To say this is a moving exhibit would be a serious understatement," said Air Force Gen. Richard B. Myers, the keynote speaker at the opening. "Words always fall short when we try to describe our respect, sympathy and profound gratitude to those who have sacrificed everything in the service to our nation.

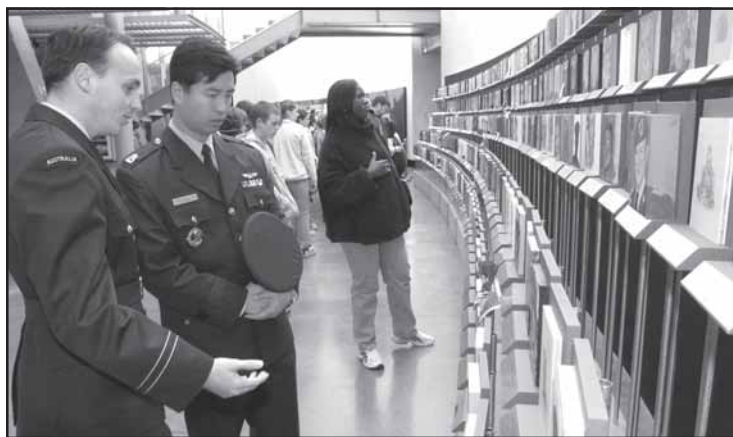
"The lesson here today is the artists have succeeded where our words have failed," continued the chairman of the Joint Chiefs of Staff.

Hundreds of family members came to see portraits of their loved one. The portraits were done from photos, and more than 200 artists participated in this "labor of love," said Annette Polan, the co-chair and one of the artists for the project.

The various artists used different media and styles to portray the fallen. Some artists worked from photos taken in Iraq or Afghanistan, and depicted a young man or woman peering out of the portrait wearing full battle rattle.

Other portraits are taken from the enlistment photos the services take, and you see young men and women trying to look older and tougher than they feel. The men and women in the portraits sport new military haircuts, military-issue glasses and big ears that longer hair covered.

Still other portraits came from graduation photos or wedding photos or family reunion photos. All the portraits say something about those who have died.



Family members and other spectators take in the "Faces of the Fallen" exhibit at Arlington National Cemetery's Women in Military Service Memorial here. More than 200 artists created the exhibit by making, 6- by -8 inch, individual portraits of Americans killed in the Afghanistan and Iraq wars between Oct. 10, 2001 and Nov. 11, 2004. The portraits contain the person's name, hometown and date of death, and are mounted on plain steel rods in chronological order. The exhibit will be on view until Sept. 5. (U.S. Air Force photo by Master Sgt. Jim Varhegyi)

"You have captured the spirit of those who have given their lives and really the spirit of all the brave men and women who serve," Myers said. "A spirit that has lived in so many generations of Americans, a spirit of belief that freedom and justice for themselves, for their fellow Americans and for people around the world are more important than personal safety or comfort."

The families crowded into the education hall of the memorial. Many saw the portraits of their loved one for the first time. "They really caught John's goofy grin," said one Mom.

Another family group hugged each other in front of the portrait of their son. Tears flowed. "It's still too raw for us," said the father. One family took a picture of the portrait, so they could bring it back to grandma. "She couldn't face this," said the father. "But she would want to know he is honored."

And they are honored. Myers said the portraits represent "the very best America has to offer."

"When I looked at the faces in this exhibit, what I saw was the faces of men and women who made very noble decisions: to serve

the cause of freedom," he said. "They could have chosen another profession that was safer, or less demanding or more profitable. But at this critical time in our nation's history - when terrorists threaten to replace our way of life with intolerance and tyranny, hatred and fear - these selfless men and women raised their right hands and swore to defend liberty."

Myers said the fallen are heroes not because they died, "but because they lived their lives in service to their country."

The chairman told the families that the country will continue the fight their sons and daughters, husbands and wives, brothers and sisters

died in. "The war will be long, it will be hard, and the stakes ... could not be higher," he said. "Failure is not an option. And we won't fail, because the spirits of the fallen live on in the men and women that serve today, and they are doing a tremendous job."

Myers thanked the families for the support they give the country and each other. After the ceremony, he and his wife, Mary Jo, spoke, and posed for pictures, with the families of the fallen. They also shook hands with everyone.

And when all was said and done, the general was the last to leave the hallowed ground of Arlington on this special evening.



Family, public support critical to Iraq mission

DONNA MILES
AMERICAN FORCES PRESS SERVICE

BAGHDAD, Iraq, March 23, 2005 - Support from their families and the American people is helping U.S. servicemembers here accomplish a very difficult, challenging mission, the chief of staff for Multinational Force Iraq told the American Forces Press Service.

"You can't perform over here to your maximum capability unless you are physically, mentally, emotionally and spiritually well settled," said Marine Maj. Gen. Joseph F. Weber, speaking at the command's headquarters at Camp Victory. "And the way you get there is through the support you get from your family back home."

Weber said it's evident from the "amazing" performance he witnesses among troops here that they know they have the firm backing of their families as well as the American public.

DoD recognizes and provides that type of public support through efforts such as its "America Supports You" program.

"How much of an impact does it have?" Weber asked. "It's immeasurable. But it's a big factor."

Particularly in light of the events of Sept. 11, 2001, Americans at home recognize the need for Operation Iraqi Freedom and support it, Weber said. "The American public has been educated. They understand that there is a purpose to what we are doing over here, a real purpose," he said. "It has a lot to do with the way we as Americans want to live, the quality of life we want to have and the freedoms we want to exercise and enjoy."

This support, he said, is critical to troops operating in a very different environment from the one they're accustomed to - one he said poses unique challenges and pressures.



CATHERINE GALASSO

Receive joy in life by sharing it

In this stitch in time, I am writing to you, dear Soldiers and your families, in gratitude for the selfless acts you perform for us each day and in our time of need.

I regularly tell my children that life is like a circle, what goes around comes around.

And, then, I explain, "When you do a good deed, it comes back to you." For I read in the Bible, "Knowing that what so ever good thing anyone doeth, the same shall they receive of the Lord." (Ephesians 6:8).

An act of caring and kindness, when passed from heart to heart, is a touch of God's own love from one to another. Blessed are those who can give without remembering, and take without forgetting.

I pray that God blesses each one of you, the men and women of the military, while you tirelessly help someone else.

Because of the outstanding service you provide to our great country, we can experience the safety of family and home, as you guard our freedom.

Your protection, dedication, and selfless contributions complete the circle, as you become the hands of God.

Your generosity and devotion does not go unnoticed, "The eyes of the Lord run to and fro throughout the earth, to show Himself strong on behalf of those whose heart is perfect toward Him." (2 Chronicles, 16:9).

Let us always treat our friends with love, strangers with kindness, and opposition with understanding. The luxury of doing good deeds surpasses every other personal enjoyment, for it is magnified by God Himself.

The way we live our lives, can be the best witness of God's love to someone in need. A simple smile is the most important thing we wear, and when shared, it softens stress and eases life.

"Everybody can be great... You only need a heart full of grace." Martin Luther King, Jr.

We have the power to change someone's life by the words we speak. Let us speak

kindly, sincerely, with inspiration to each other. Make every word that comes out of our mouths edify. Words of compassion and understanding help us get through trying times. "I know, I have been through that," or "Everything will be all right," is like balm to the recipient's ears.

Daniel Clement Colesworthy wrote in the 1800's, "A little word in kindness spoken, a motion or a tear, has often healed the heart that's broken, and made a friend sincere. Then deem it not an idle thing, a pleasant word to speak; the face you wear, the thoughts you bring another's heart may heal or break."

If someone does something that hurts us, play it down. Do not dwell on it. We cannot love what is wrong, but we can love the person who does wrong.

And what you can do is pray that their eyes will be opened to the truth and that they earn respect by sincere words and deeds, so they will be trustworthy again.

Above all, forgive; forgiveness lends such grace to our character. Good character is not given to us; we have to build it by actions, thought, courage and determination.

A reader wrote, "I came across a verse that I think is very special. It goes like this, 'Live in such a way that those who know you, but don't know God will come to know God because of you.' What a wonderful world it would be if everyone could practice this."

As the years pass, I really think about what matters in life. And so many things that once seemed important no longer matter.

Reliving memories, helping others, dreaming our dreams full of joyful expectation, make life such an adventure.

But mostly, loving God and putting Him first, brings angels round about us and makes miracles happen at any moment.

Lord, hold our troops in your loving hands. Bless them and their families. And graciously protect them as they protect us.

Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of "A New You, Words to Soothe the Body, Mind and Spirit," in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net © Catherine Galasso, 2004

Support important to troops

From Page S1

"It's a very different environment over here," Weber said. "It's one thing to take young soldiers, sailors, airmen and Marines ... and say, 'See that hill over there? That's our objective. And we are going to fire our way to that hill and we are going to secure that objective.'"

But, Weber said, operations in Iraq are far less clear-cut. "We have many of these young kids in very, very challenging situations," he said. "They're standing checkpoints all hours of the day and night, patrolling in very strange and difficult and challenging areas, driving through the streets of Baghdad."

As they operate, Weber said, "it's the unknown out there." Troops, he said, find themselves constantly wondering: "Is this car driving up here the one with the bomb that is going to get me? Do I shoot or not shoot? Is that a friendly person over there, or is it somebody who is going to lure me in and set a trap for me? As I drive my vehicle down the road here, is that an (improvised explosive device) or is it not an IED?"

As they consider these possibilities, many junior troops — often corporals and even privates — find themselves "making decisions on the spur of the moment that

have strategic implications," Weber said.

Living in these circumstances "is a lot of pressure" and puts these troops under "a lot of strain," Weber said.

What helps them cope, he said, is the support they receive — through quality-of-life support provided here on the ground, and from their personal support systems at home. "And it's this kind of support that helps them deal with a lot of the mental stress over here," he said.

Weber said he's hopeful families and the American public will remain supportive, not only for the duration of Operation Iraqi Freedom, but also in the years to come, when veterans of the operation continue to need their support.

"We paid a price over there — a price in legs, arms, eyes, minds, deaths," Weber said. Some returning veterans "are going to carry the scars" of their service in Iraq for years to come "and are going to need our support," he said.

"I hope the nation doesn't ever forget these young men and women," he said. "We need to keep them in the forefront and honor them as heroes for what they are doing over there, and be sure that in five to 10 years from now, we haven't forgotten."

For
deployment-related
questions call
1-800-858-2677



**HANDYPERSON
HOTLINE**



"CARRYING THE HOMEFRONT"

**SERGEANT MAJOR
TOBY P. CORMIER**
Ph: 860-441-2984

Cell: 860-209-0770
toby.cormier@ct.ngb.army.mil



Visit the
Connecticut Guardian
on-line at www.ct.ngb.army.mil





Kendric Dow and Austin Laport use the flight simulators at STARBASE during a Family Program-sponsored Rocket Day. (Photo by Melissa Tetro)

Rocket Day at STARBASE



Kendric Dow and Christian Wilcox proudly show off the rockets they built during a Family Program-sponsored Rocket Day at STARBASE in Hartford. The Rocket Day was just one of many events planned by the Youth Program group of the Connecticut National Guard Family Program (Photo by Michelle McCarty)

NYC Bus Trip



Date: May 21, 2005

Time: 6:30am-6:30pm the bus will be picking up the passengers at 6:30am in Newington, at the VA Hospital in the back parking lot. (555 Willard Ave, Newington CT 06111)

Cost: \$25.00 (non refundable)

Agenda: This bus trip has NO agenda!! Go shopping, see a Broadway show, or visit with friends.

RSVP BY April 27, 2005

It is important that you RSVP as there is limited seating

To RSVP please call (860)524-4866 or (860)878-6746.
Reservations confirmed upon receipt of payment.

Checks can be made out to Family Program Special Projects. Please send to:

Michelle McCarty Family Program Office
360 Broad St
Hartford, CT 06105

All proceeds will benefit the CT National Guard Family Program Youth Program.

Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

Bristol Armory
61 Center Street, Bristol, CT 06010
(860) 582-1206 Toll Free 866-347-2283

Waterbury Armory
64 Field Street, Waterbury, CT 06702
(203) 574-2406 Toll Free 866-347-2291
Sgt. Jonathon Duffy

Manchester Armory & AVCRAD
330 Main Street, Manchester, CT 06040
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

103rd FW, Bradley ANG Base
Bldg 8, East Granby, CT 06026
(860) 292-2730 Mrs. Donna Rivera

Hartford Armory
360 Broad Street, Hartford, CT 06105-3795
1-800-858-2677
Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes,
OC Claude Hibbert and Sgt. Jessica McKenna

Norwich Armory
38 Stott Avenue, Norwich, CT 06360
(860) 823-1342 Ext. 12 Toll Free 866-347-3357
Mrs. Andrea Lathrop

103rd Air Control Squadron
206 Boston Post Road, Orange, CT 06477
(203) 795-2983 Charlie and Jane Solomon

New Britain Armory
855 Stanley Street, New Britain, CT 06053
(860) 883-6935

Newington
555 Willard Ave., Bldg. 1, 4th Floor, Newington, CT 06111
Ms. Melissa Tetro & Sgt. Tamara Jex

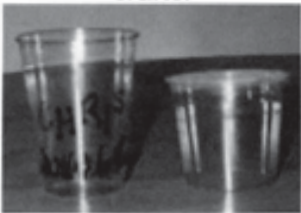
Volunteers are needed in each facility.
Those wishing to help out can contact Mrs. Kim Hoffman, Family
Program Manager at 1-800-858-2677.

Any family member or loved one of a deployed soldier who has questions about benefits or deployment issues may also get answers to their question at the following email address: kim.hoffman@ct.ngb.army.mil

Activities for Kids

Bug Catcher

An inexpensive and easy to assemble bug catcher. Great for class projects, scouts, or birthday party crafts.



What you will need

- 2 clear plastic cups (10-12 oz) Solo brand works well
- fine netting
- elmer's glue
- scissors
- razor knife (adults only)
- paper plate



1. Cut a square of net, a little larger than the opening of the cup - about 4"x4"
2. Cut all the way around one of the cups, about one inch from the bottom. Make the finished edge as smooth as possible. (prepare this step in advance if working with a group)
3. Place about 2 Tbs of glue on a paper plate.
4. Taking the cut cup, rub the mouth of the cup in the glue until the entire rim has glue on it.
5. Gently stack the cut cup with the glue inside the clean uncut cup.
6. Lay the square of net on top of the cup with the glue - gently press the net into the glue. If gaps appear between the net and the cup, additional drops of glue may be needed
7. Allow this to dry for about 1/2 hour.
8. Cut around the cup to trim off the excess net.
9. The outside cup can be decorated with puff paints or permanent markers.
10. Separate the cups to catch your bugs, then restack.

Kids' Creative Corner

A MONTHLY FEATURE OF
FUN AND EDUCATIONAL
ACTIVITIES